# Regina Dolphins 2022 -2023



# Recap End of 2021 - 2022

- Summer Stroke Camp
- ManSask:
  - Provincial Records,
  - ▶ High Point Winners,
  - New Qualifiers

#### ► Nationals:

- ▶ 4 Swimmers,
- ► A & B Finals
- Canada Games:
  - ▶ 8 Swimmers,
  - ▶ 100 % Finalists,
  - Most points contributed to the team,
  - New Qualifiers



# Competitive Staff

- Head Coach
  - Craig Nieuwstad
  - Elite & U of R Cougars
- Assistant Coaches
  - Mitchell Hebert (Junior Adv & Cougars)
  - Homayuon Haghighjidad (Elite & Cougars)
  - Breanna Foster (Junior)
  - Caitlin Danis (Prospect)
  - Jordan Rodgers (Pre-Comp)
  - Rec

- Strength & Conditioning Coach / Massage Therapist
  - Carmen Agar
- Team Manager
  - Julia Dickinson

### Board

- President: Erin Harlos
- Vice President: Shenda Stewart
- Director of Finanace: Kathleen Eisler
- Secretary: Natasha Kolman
- Registrar: Julia Dickinson
- Director of Fundraising: Tracey Archer
- Directors at Large:
  - Tyler Koyl
  - Sandi Olfert
  - Amber Clark
- Past President: Jim Syrgiannis

### Fall Meet Schedule

- Fall Breakout:
  - ▶ 21 Oct 23 Oct
  - Regina
- Goldfin Invite:
  - 4 Nov 6 Nov
  - Saskatoon
- ► Lasers (TBD):
  - ▶ 26 Nov
  - Saskatoon

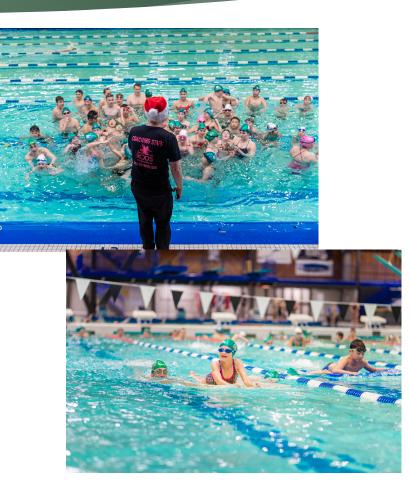
- ► OJI:
  - ▶ 16 Dec 18 Dec
  - ► Toronto
- ► PWI:
  - ▶ 14 Dec 18 Dec
  - Winnipeg
- Dolphins Christmas Meet
  - ▶ 17-18 Dec
  - Regina

- Prospect, Junior, Junior Adv. & Elite will automatically be signed up to the meet. Parents will need to decline.
- Pre-Comp parents will need to sign up their swimmer for a meet

#### Fall Event Schedule

- Team Building
  - ▶ 16th & 17th Sept.
- Terry Fox Run
  - ▶ 18<sup>th</sup> Sept.
- ► Photos:
  - ▶ 23<sup>rd</sup> Sept.
- Goal Setting Workshop:
  - ▶ 23<sup>rd</sup> Sept.
- Golden Gala
  - ▶ 15<sup>th</sup> Oct.

- Halloween Party
  - ▶ 28th Oct.
- Christmas Party
  - ▶ 21 Dec
- Local Training Camp:
  - ▶ 27 Dec 31 Dec
- ► Training Camp:
  - 28 Dec 7 Jan



# Emails

- Coach Craig: <u>nieuwsycraig@gmail.com</u>
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