

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 Haghhighjidad (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 Finance: 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
 - ▶ 18th Sept.
- ▶ Photos:
 - ▶ 23rd Sept.
- ▶ Goal Setting Workshop:
 - ▶ 23rd Sept.
- ▶ Golden Gala
 - ▶ 15th 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: nieuwsycraig@gmail.com
- ▶ Office: office@reginadolphins.com
- ▶ Payment: payment@reginadolphins.com