

Upcoming Events

April 19-24

Westerns

Edmonton AB

May 6-8

Lasers Invitational

Saskatoon SK

May 20-22

Michelle Moore

Regina SK

Regina Optimist Dolphin Swim Team

Weekly Newsletter, April 15, 2022

News from our Coaches

Some of our swimmers competed at the 2022 Bell Canadian Swimming Trials in Victoria BC.

Top Results:

Matthew Syrgiannis 400 IM 8th

Mitchell Brough: 50 Back 14th, 50 Fly 13th, 50 Free 12th

Taylor Hebert: 200 Back 15th

Melissa Adelman: 50 Back 23rd

Congratulations to these swimmers for qualifying and for their great results!



Pre - Competitive & Recreational April 2022 Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		28-Mar	29-Mar	30-Mar	31-Mar	01-Apr	02-Apr	03-Apr
Week 20	Pre - Comp	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	Off (Make - Up @ UofR Friday)	4:30 - 5:30 UofR	Off	Off
	Recreational Activity	4:00 - 5:30	Off	Off		4:30 - 5:30 UofR		
		04-Apr	05-Apr	06-Apr	07-Apr	08-Apr	09-Apr	10-Apr
Week 21	Pre - Comp	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	Off / Swift Current	Off
	Recreational Activity	4:00 - 5:30	Off	Off	Off	4:00 - 5:30		
		11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
Week 22	Pre - Comp	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	Off	Off	Off
	Recreational Activity	4:00 - 5:30	Off	Off	Off			
		18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
Week 23	Pre - Comp	Off	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	Off	Off
	Recreational Activity		Off	Off	Off	4:00 - 5:30		
		25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	01-May
Week 24	Pre - Comp	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	Off	Off
	Recreational Activity	4:00 - 5:30	Off	Off	Off	4:00 - 5:30		

Coach Mitchell - mheb52@gmail.com
Coach Breanna - breanna.foster@icloud.com
Coach Caitlin - daniscailin@gmail.com
Coach Jordan -
Coach Craig - nieuwsycraig@gmail.com
Office - office@reginadolphins.com

Prospect April 2022 Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 33	AM	28-Mar	29-Mar	30-Mar	31-Mar	01-Apr	02-Apr	03-Apr
	PM	Off	Off	Off	Off	Off	Off	Off
	Dryland	4:00 - 5:30	4:00 - 5:30	7:00 - 8:30		4:30 - 5:30 UofR		
	Activity	Off	5:30 - 6:00	Off		Off		
Week 34	AM	04-Apr	05-Apr	06-Apr	07-Apr	08-Apr	09-Apr	10-Apr
	PM	Off	Off	Off	Off	Off	Swift Current	Off
	Dryland	4:00 - 5:30	4:00 - 5:30	7:00 - 8:30	4:00 - 5:30	4:00 - 6:30		
	Activity	Off	5:30 - 6:00	Off	5:30 - 6:00	Off		
Week 35	AM	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
	PM	Off	Off	Off	Off	Off	Off	Off
	Dryland	4:00 - 5:30	4:00 - 5:30	7:00 - 8:30	4:00 - 5:30			
	Activity	Off	5:30 - 6:00	Off	5:30 - 6:00			
Week 36	AM	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
	PM	Off	Off	Off	Off	Off	06:00 - 07:45	Off
	Dryland		4:00 - 5:30	7:00 - 8:30	4:00 - 5:30	4:00 - 6:30	Off	
	Activity		5:30 - 6:00	Off	5:30 - 6:00	Off	Off	
Week 37	AM	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	01-May
	PM	Off	Off	Off	Off	Off	06:00 - 07:45	Off
	Dryland	4:00 - 5:30	4:00 - 5:30	7:00 - 8:30	4:00 - 5:30	4:00 - 6:30	Off	
	Activity	Off	5:30 - 6:00	Off	5:30 - 6:00	Off	Off	

Long Course

U of R

Dryland

Coach Breanna - breanna.foster@icloud.com
Coach Craig - nieuwsycraig@gmail.com
Office - office@reginadolphins.com

Junior April 2022 Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		28-Mar	29-Mar	30-Mar	31-Mar	01-Apr	02-Apr	03-Apr
Week 33	AM	5:20 - 7:30	Off	Off	Off	Off	Off	Off
	PM	4:00 - 5:30	4:00 - 5:30	7:00 - 8:30	Off	5:00 - 6:30 U of R		
	Dryland	5:30 - 6:00	5:30 - 6:00	Off	Off	Off		
	Activity							
		04-Apr	05-Apr	06-Apr	07-Apr	08-Apr	09-Apr	10-Apr
Week 34	AM	5:20 - 7:30	Off	Off	Off	Off	Off	Off
	PM	4:00 - 5:30	4:00 - 5:30	7:00 - 8:30	4:00 - 5:30	4:00 - 6:30		
	Dryland	5:30 - 6:00	5:30 - 6:00	Off	5:30 - 6:00	Off		
	Activity							
		11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
Week 35	AM	5:20 - 7:30	Off	Off	Off	Off	5:30 - 7:45	Off
	PM	4:00 - 5:30	4:00 - 5:30	7:00 - 8:30	4:00 - 5:30		Off	
	Dryland	5:30 - 6:00	5:30 - 6:00	Off	5:30 - 6:00		Off	
	Activity							
		18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
Week 36	AM	Off	Off	Off	Off	Off	5:30 - 7:45	Off
	PM		4:30 - 6:30 U of R	7:00 - 8:30	4:30 - 6:30 U of R	4:30 - 6:30 U of R		
	Dryland		Off	Off	Off	Off		
	Activity							
		25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	01-May
Week 37	AM	Off	Off	Off	Off	Off	5:30 - 7:45	Off
	PM	4:30 - 6:30	4:00 - 5:30	7:00 - 8:30	4:00 - 5:30	4:00 - 6:30	Off	
	Dryland	Off	Off	Off	Off	Off	Off	
	Activity							

Long Course

U of R

Dryland

Coach Mitchell - mheb52@gmail.com

Coach Craig - nieuwsycraig@gmail.com

Office - office@reginadolphins.com

Elite April 2022 Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 34		28-Mar	29-Mar	30-Mar	31-Mar	01-Apr	02-Apr	03-Apr
	AM	5:20 - 7:45	Off	5:20 - 7:45	Off	Off	07:00 - 09:15 U of R	Off
	PM	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	5:00 - 6:30	Off	
	Adrenaline	Off	7:00 - 8:00	Off	Off	Off	10:00 - 11:00	
Activity								
Week 35		04-Apr	05-Apr	06-Apr	07-Apr	08-Apr	09-Apr	10-Apr
	AM	5:20 - 7:45	Off	5:20 - 7:45	Off	5:20 - 7:45	07:00 - 09:15 U of R	Off
	PM	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	Off	
	Adrenaline	Off	7:00 - 8:00	Off	Off	Off	Off	
Activity								
Week 36		11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
	AM	5:20 - 7:45	Off	5:20 - 7:45	Off	09:00 - 10:30	5:30 - 7:30	Off
	PM	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	2:30 - 4:30	Off	
	Adrenaline	Off	7:00 - 8:00	Off	Off	Off	10:00 - 11:00	
Activity					Western Swimmers Only			
Week 37		18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
	AM	08:00 - 10:00 U of R	Off	Off	Off	Off	5:30 - 7:30	Off
	PM	2:30 - 4:30 U of R	4:30 - 6:30	7:00 - 8:30	4:30 - 6:30	4:30 - 6:30	Off	
	Adrenaline	Off	Off	Off	Off	Off	Off	
Activity	Off for Swimmers not going to Westerns	Leave for Westerns						
Week 38		25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	01-May
	AM	Off						
	PM							
	Adrenaline							
Activity								

Lawson

Adrenaline S&C

No Wednesday PM

- Melissa A
- Mackezie C
- Hazel C (dance)
- Jordan K
-
-

Lasers Invitational

Information is now on the events page for the Saskatoon meet. All junior and prospect swimmers are signed up so if you cannot attend you must decline by **April 22**. Precompetitive is also invited to attend this meet so if you would like to attend you must sign up by **April 22**.

The bus will be leaving 1PM on Friday May 6 and returning after the morning session on Sunday May 8. The hotel is Hampton Inn Saskatoon Airport. Great news spectators are permitted, 1 per swimmer is requested. Any questions please contact the office.

[Management Console - Regina Optimist Dolphins Swim Team - TeamUnify](#)

Michelle Moore Invitational

Also our spring team meet, Michelle Moore is coming up May 20-22. All groups are invited to attend. Cougars, Elite, Junior and Prospect are signed up so if you cannot attend you must decline by **May 4**. Precompetitive and Recreational are invited and you must sign up by **May 4** if you would like to attend. We will be needing all parents to sign up for volunteer shifts to help at the meet. If you have not taken officials training yet please sign up for the sessions offered by Swim Sask. Some modules are available online as well. There will also be some positions not needing any training. Officials sign up will be coming soon.

Officials Co-ordinator

Welcome to our new officials co-ordinator, Orenda Pelzer! And many thanks to Christine Thompson for her years of volunteering with the team in this position. You are very appreciated by all!

Spring 2022 Virtual Officials Clinics are available for sign up:

Swim Sask Master and Senior Officials are pleased to continue to offer the opportunity to for YOU to train as an official online from the comfort of home!

Virtual clinics offered are conducted by Swim Sask volunteer Referees and Advancing Officials (2 per clinic). This Spring we are virtually offering Intro (Timers), Safety Marshall, Stroke and Turn, Starter, Meet Manager, Chief Finish Judge/Chief Judge Electronics/Recorder Scorer (CFJ/CJE/RS).

Intro to Swim Officiating (Timers and includes Safety Marshall)

April 13, 6-9pm**

May 28, 830-1130am**

*** these courses are being offered virtually in addition to the e-modules, so that our advancing officials have the opportunity to teach this clinic to advance, as it is requirement for advancement. Help get new officials signed up to learn with others in a virtual clinic "together".*

Stroke and Turn

May 25, 7-10pm

May 28, 1-4pm

Meet Manager

May 28, 8am-12noon

Chief Finish Judge/Chief Judge Electronics/Recorder-Scorer (Trio)

May 28, 1-5pm

Starter

June 1, 7-9pm

E-modules are self study clinics and are only available for the Intro to Swim Officiating, Chief Timekeeper, Clerk of Course and Safety Marshall clinics.

To access all these FREE officials clinics you must first become an active official by completing this online form: <https://form.jotform.com/212525531932249>

Once activated you can access all these free clinics and sign up from here: <https://edu.swimming.ca/index.php?page=225>

Please join us and be a part of building [#betterlivesthroughswimming](https://twitter.com/betterlivesthroughswimming)

Without officials, we cannot offer sanctioned age group, masters, summer or varsity competitions!

Thank you for being a part of our swim community!



The poster features a background image of a swimmer in a pool with a lifeguard in a red shirt and black shorts leaning over a table with a laptop. The laptop has 'RMD' and 'DAKTRONICS' logos. A red button with a white hand cursor icon says 'SIGN UP NOW'. The text is overlaid on the right side of the image.

SPRING 2022 VIRTUAL OFFICIALS CLINICS

INTRO TO SWIM OFFICIATING
APRIL 13, 6-9PM
MAY 28, 830-1130AM
STROKE AND TURN
MAY 25, 7-10PM
MAY 28, 1-4PM
MEET MANAGER
MAY 28, 8AM-12NOON
CFJ/CJE/RS
MAY 28, 1-5PM
STARTER
JUNE 1, 7-9PM



SK logo featuring a red maple leaf and a blue swimmer icon.

DAKTRONICS

#BETTERLIVESTHROUGHSWIMMING



Presidents Luncheon to support the Cougars Swim Team:

The upcoming Presidents Luncheon for Varsity Sport is a big fundraiser for all University sports. The Cougar Swim Team is the only post high school program in the Province, and plays a vital role in the Long Term Development of swimmers in our Province. We provide an environment for swimmers to achieve a quality education, while continuing to participate in the sport they love. This year's event is virtual and will feature John Herdman and Kayla Grey. Tickets purchased in support of the Swim Team are matched by the President's office and help fund our team with the money going towards, scholarships, training equipment, and competitions. Please find more info in the letter and click the link to purchase tickets.



Dear Cougars and Rams supporter,

On behalf of the University of Regina, I am excited to announce that a virtual version of the President's Luncheon for Varsity Sports (formerly the President's Breakfast for Athletics) will take place on **Thursday 5 May, 2022 from 12 noon to 1 pm.**

As in past years, net proceeds from this event will support scholarships and program enhancement for our student-athletes. With the pandemic having disrupted most of our athletics-related fundraising, this year more than ever the President's Luncheon for Varsity Sports is critical to the support we provide to our teams. My office will once again complement your support by matching all funds raised up to \$150,000.

With uncertainty related to the pandemic again challenging our planning for an in-person event – and given the success of last year's virtual event – we have decided to once again proceed with a virtual format. We very much look forward to seeing you in person next year, but in the meantime, the 2022 President's Luncheon for Varsity Sports has a significant benefit – it allows us to host **two incredible speakers** for you to enjoy from the comfort of your home or office:

- **Kayla Grey** is host and co-executive producer of TSN's *The Shift with Kayla Grey*, appears regularly as an anchor of *SportsCentre*, and reports courtside for TSN's live coverage of the Toronto Raptors. She became the first Black woman to host a flagship sports highlight show in Canada when she made her *SportsCentre* debut in 2018; and
- **John Herdman** is the current Head Coach of the Canadian Men's National Soccer Team and former Head Coach of the Canadian Women's National Soccer Team. Under his leadership, the team won two back-to-back bronze medals at the Olympic Games, and a gold medal at the Pan Am Games – the first Pan Am gold in Canadian soccer history. In his riveting talks, Herdman explains the importance of vision, passion, and discipline to achieve success, whether it's on the field or in the office.

Event access links for the President's Luncheon for Varsity Sports are \$75 each, and attendees may designate their ticket purchase to support all teams or any individual program. Sponsorship opportunities are also available. Tickets and sponsorships may be purchased online by visiting <https://events.eply.com/PresidentsLuncheonforVarsitySports2022>. Should you require further information, please contact Shauna Machnaik at shauna.machnaik@uregina.ca or 306- 585-4875.

Thank you for supporting our varsity sports teams!

Yours sincerely,

Dr. Jeff Keshen
President and Vice-Chancellor

Contact Us

Regina Optimist Dolphins Swim Team

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Regina SK

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306-586-3909

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www.reginadolphins.com

Office Hours at the Lawson
Monday-Thursday 4-6PM

Fundraising

Tickets for the spring fundraisers went home with swimmers this week. If you missed getting yours you can pick up at the office and there are also more tickets available if you have sold all your tickets and would like more. Tickets are \$5 each and the draws will be made at the end of the Michelle Moore Swim Meet May 22!

Our mom's wallet is packed with gift cards from Victoria Tavern, The Keg, Anna Nails, The Lakeshore, Cedar Creek Gardens, The French Press, Every Day Kitchen, Indigo, Pharmasave, Cheeky Bath and Body plus a \$200 VISA gift card!

Our dad's wallet overflows with gift cards from Victoria Tavern, SUDS, The Keg, Cineplex, Every Day Kitchen, Pharmasave, Indigo, The Lakeshore, Amazon, Andrea Norberg Photography plus a \$200 VISA gift card!

Thank you to all who donated cards and money for this fundraiser!

Name: _____	 Regina Optimist Dolphins Swim Team <i>Spring Raffle</i> 1 - Ladies Loaded Wallet (fantastic Matt and Natt wallet filled with gift cards for mom - \$750 value) 2 - Mens Loaded Wallet (stylish Guess wallet filled with gift cards for dad - \$750 value) SLGA Licence #SR21-2965 Tickets: \$5 each • Draw: May 22nd, 2022
Address: _____	
Phone: _____	
Email: _____	
#0001	#0001

Please go to our events page to sign up for Bingo shifts. **New shifts have been posted for April, May and June.** This is a great way to meet other parents and earn money towards your fundraising commitment. Check your calendar and see where you can help out. Remember to check in often to the events page to see new dates or events added to the calendar.

[Regina Dolphins Swim Team - Events \(teamunify.com\)](http://teamunify.com)

[Regina Optimist Dolphins - Fundraising Opportunities \(teamunify.com\)](http://teamunify.com)



Birthdays This Week

Owen E!



Swim Meet Chaperones

As we are planning travel meets this season we will be in need of chaperones. If you are interested in chaperoning please email the office to get more information. We have an upcoming meets in **Saskatoon** in May, **Calgary** in June and **Saskatoon** in July, and we'll require chaperones for these trips. Chaperoning is a great way to get to know all the swimmers, get a free trip to an away meet, and you also earn your volunteer points (40 points per day).

Thank you to our Sponsors



Schnell Enterprises



Contact Us

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Office Hours at the Lawson

Monday-Thursday 4-6PM



Pride, Discipline, Loyalty, Commitment and Respect

