

# Regina Optimist Dolphin Swim Team

Weekly Newsletter April 5, 2024

## March Swimmers of the Month

Congratulations Clementine!  
Intro Silver RODS



Congratulations Amanda!  
Intro Gold RODS



## Upcoming Events

Marlins Spring Ice Breaker  
April 6-7

Swift Current

Head to Head

April 12

University of Regina

Anna Rondeau Challenge

April 19

Lawson Aquatic Centre



Congratulations Stefan!  
Intro Silver Cougars



Congratulations Mina!  
Intro Gold Cougars



Congratulations Tarryn!  
Recreational



Congratulations Neven!  
Prospect



Congratulations Taylah!

Junior Provincial



Congratulations Owen!

Junior National



## Congratulations Cashis!

### Elite



### Marlins Spring Ice Breaker

April 6-7, 2024

Swift Current Aquatic Centre: 1100 - 11th Avenue

Sixteen RODS swimmers will be attending the meet in Swift Current this weekend. This meet will be live streamed

<https://www.gomotionapp.com/team/canrymmssc/page/spring-ice-breaker-2024>

### Anna Rondeau Challenge

4:00-7:00PM, Friday, April 19, 2024

Lawson Aquatic Centre

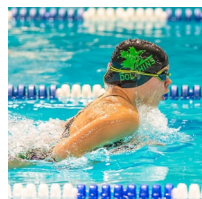
The Anna Rondeau Challenge is a special event held in memory of a RODS team member who tragically passed away at the age of 12. This event will support our Anna Rondeau Scholarship Fund which provides financial assistance to families so more children can participate in swimming.

#### Mini-Challenge

100 fly

200IM

400 free



#### Challenge

200 fly

400IM

1500 free

# *Anna Rondeau Memorial Scholarship*



Anna Rondeau, at the tender age of 12, tragically left this world in March of 2018.

Anna was a passionate and talented swimmer who was an enthusiastic and inclusive member of the Regina Optimist Dolphins Swim Team. Anna loved the pool and her teammates.

Each year, the RODS raise money for the Anna Rondeau Memorial Scholarship in memory of our teammate. Your donation in her memory will provide financial assistance so that more children can participate in the sport of swimming that Anna loved. Anna had Olympic dreams; this scholarship will assist new and current athletes to pursue their own dreams.

To date, this scholarship has raised over \$19, 000 dollars and has helped families struggling financially to keep their swimmers in the pool. On average, 5 RODS families each year receive financial assistance from this scholarship.



The \$50 entry fee will cover the cost of the entries for official events, an Anna swim cap and a meal following catered by Wallnuts Catering.

Officials are required and job sign up will be available soon. Parents who have not taken the Stroke and Turn course should sign up for the in-person clinic next Saturday.



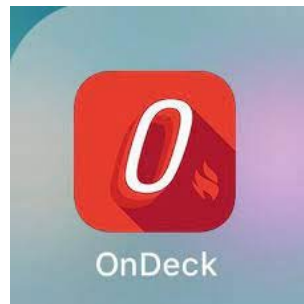
To support the Anna Rondeau Scholarship please use the following link:

<https://gofund.me/60e11596>

## On Deck App

New parents who do not have the On Deck App yet, you should download this app and have settings set to “receive notifications”

<https://apps.apple.com/ca/app/ondeck/id292507219?platform=iphone>



## In-Person Officials Clinic



The poster features a blue water background. At the top left is the Regina Optimist Dolphins Swim Team logo. At the top right is a Canadian flag logo. The main title 'IN-PERSON CLINIC' is in large white letters, with 'Saturday, April 13' below it. On the left side, 'OFFICIALS CLINIC' is written vertically in large green letters. A white box in the center contains the following text: 'INSPECTOR OF TURNS, JUDGE OF STROKE', '8:00AM to 12:00PM (lunch following)', 'Lawson Aquatic Centre (old Sportco)', '1717 Elphinstone Street, Regina SK', 'Registration Deadline: April 12, 2024', and 'Open to members from any club'. At the bottom, the team name 'REGINA OPTIMIST DOLPHINS SWIM TEAM' is written in green, followed by the website 'www.reginadolphins.com', email 'office@reginadolphins.com', and phone number '306-586-3909'.

We have an in-person clinic planned for April 13. This is a great opportunity to get your training in person rather than a virtual clinic. All competitive parents who have not taken this course yet should sign up this week. Click the link below to log into your account and access the course registration.

<https://edu.swimming.ca/index.php?page=225>

Everyone should at a minimum have their officials account activated and Level 1 completed online (Time Keeper and Safety Marshall). This is needed in order to attend the in-person clinic.

[How To Get Started — Swim Saskatchewan](#)



## University of Regina Policies

Parents/guardians are no longer permitted to watch from the pool deck. Parents wanting to stay and watch the practices should go upstairs to the viewing area.

No cell phones are permitted in the changerooms, showers or on deck.

No food, gum or drinks (other than water in non-glass containers) are allowed on deck.

## Lysports Team Store

Order your swim equipment and team gear from Lysports (swim parkas and backpacks available with RODS logo). This link is also on the website under the SWIMMERS tab.

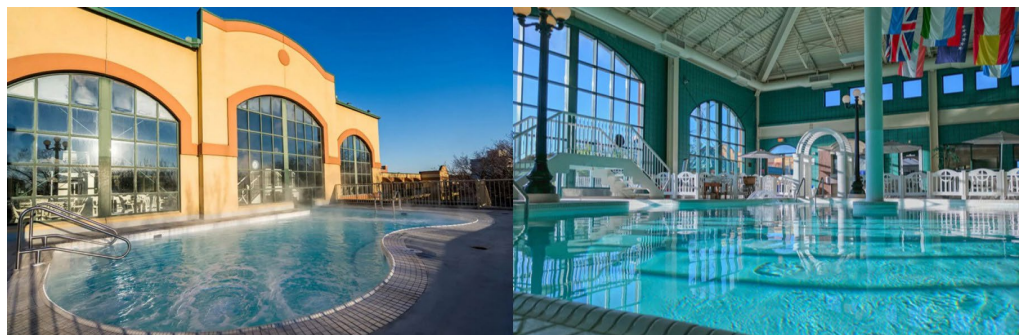
<https://www.lysports.com/team/regina-optimist-dolphins/>



## Fundraising

Bingos are posted for April and May to the events page.

Tickets have started to be handed out for our spring fundraiser with a \$1000 prize package from Temple Gardens Hotel and Spa. Fundraising for tickets sold will be credited to your swim account.



## Head to Head Mentorship



OLYMPIAN LED MENTORSHIP  
PROGRAMS  
2023/2024

We are excited to have **Chantal VanLandeghem** coming to visit our swimmers on Friday, April 12, 2024 for the second session of our **Head to Head Olympian-led mentorship program series**

For all swimmers Intro to Competitive through to Elite, please attend even if Friday is not a regular practice day.

Scheduled at the University of Regina pool. Classroom location **EA 106.1**

**Cougars/Elite:** Practice 2:30-3:30pm, Swim 3:30-4:30pm, Classroom 4:30-5:30pm

**Junior National, Junior Provincial:** Swim 3:30-4:30pm, Classroom 4:30-5:30pm

**Prospect and Intro:** Classroom 4:30-5:30pm, Swim 5:30-6:30pm



# Contact Us

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

## Thank you to our Sponsors



*Pride, Discipline, Loyalty, Commitment and Respect*

