

Upcoming Events

Georgina Swim Marathon
April 28

Lasers LC Invitational
April 29-30

Black and Green Meet 4
University of Regina
May 5

Regina Optimist Dolphin Swim Team

Weekly Newsletter April 21, 2023

The Kid Expo

Thank you to all who helped with the Kid Expo: Coach Homie, Daren Stewart, Ben Stewart, Chloe Hegi, Jada Dickinson, Aden Dickinson, Mitchell Brough, Sadie Anderson and Macy Harlos. Thanks To Sanela Begic Le for all the treats to hand out. Our booth looked great and the show saw over 2300 visitors.



Swim Sask Junior Development Camp

RODS swimmers Gillian Kimens, Nathaniel Pelzer, Owen Eisler, Mateo Becerra will be heading up to Saskatoon this weekend for the Junior Development Camp.

Lasers LC Invitational

Lasers meet is April 29-30 in Saskatoon and the team has 28 swimmers attending. The bus is going up Friday evening following the Swim Marathon and supper (leaving from the Lawson), and returning Sunday afternoon. There is room for one more male chaperone if you are able to help.



Georgina Syrgiannis Swim Marathon



We are excited to be able to host the Georgina Swim Marathon again this year. This is a great fundraiser for our members and our team. It is a very fun event for all our swimmers and parents are also invited to participate. Share with your friends and family to sponsor your swimmer online. You can also collect sponsorship in person by cash or cheque and use the attached form. Monies raised go directly to your account to offset costs, with 10% going to help the team with expenses and 10% going to Regina Palliative Care.

<https://www.teamunify.com/team/canrodsc/page/tu-money>

The marathon will be held Friday, April 28 at the Lawson Aquatic Centre. All swimmers prospect through elite are signed up. Intro to Competitive swimmers are encouraged to sign up! There will be no regular practice at the University April 28. **Deadline to decline/sign up is Sunday, April 23.**

We will be needing parents to volunteer to count laps from 4:30-5:30PM. There is a sign up on the events page.

<https://www.teamunify.com/team/canrodsc/controller/cms/admin/index#/calendar-team-events>

Registration for swimmers is \$20 and includes your entry in the swim marathon, a Georgina Marathon swim cap and supper afterwards. A Big thank you to our meal sponsor 4 Seasons!



Time	Event
4:00 - 4:20	Registration
4:20 - 4:30	Opening Comments
4:30 - 5:30	Swim Marathon
5:45 - 6:30	Awards and Supper



2023 Georgina Syrgiannis Swim Marathon
Lawson Aquatic Centre
Friday, April 28



Sponsor	Name	Address	Amount	Cash or Cheque
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Fundraising

Please go to our events page to sign up for **Bingo**. This is a great way to meet other parents and earn money towards your account. 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. Bingos have been posted through to **May 30**.

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

Michelle Moore Swim Meet presented by Regina Orthodontic Group

Our team-hosted Michelle Moore swim meet is coming up fast, May 19-21. We are looking for anyone who may have contacts with businesses or restaurants who might like to donate supplies or sponsor a meal for the meet. Please contact the office for more information.

New Prospect Group Coach

We are pleased to present our new Prospect Group coach, Melissa Adelman. Melissa has been a member of the RODS for over 10 years. She is a member of the Cougars swim team and was recently named Cougar Rookie of the Year across all Cougar Athletics as well the female MVP for the Cougars swim team. Melissa is a level 1 coach and has coached with the RODS for several years. Melissa will work closely with our interim Head Coach, Homie, to ensure that our prospect swimmers have strong programming in place and end out their season on a high note.



New Strength and Conditioning Program

Elite and Junior Advanced swimmers are starting a new strength and conditioning program at **Level 10** starting April 22. We are excited for this new programming and look forward to what Level 10 has to offer. Thanks to Coach Carmen and Adrenaline Strength and Conditioning for providing our swimmers with great training and facilities.

Black and Green Meet 4

Our team Black and Green Meet 4 will be held Friday, May 5 at the University of Regina, 4:30-6:30PM. This fun meet is for swimmers in Intro to Competitive, Prospect and Junior, as well as Dolphin level lessons swimmers are invited to attend.

Happy Birthday

Happy Birthday to Owen,
Nathaniel and Mateo

HAPPY BIRTHDAY



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