

## Upcoming Events

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Michelle Moore Meet

May 10-12

Lawson Aquatic Centre

Black and Green Meet #3

May 24

University of Regina

Lasers Invitational

May 31-June 2

Shaw Centre, Saskatoon

CSI: 2024

May 31-June 2

MNP Centre, Calgary

KCS Tru Wolfpack

June 6-10

Kamloops, BC



# Regina Optimist Dolphin Swim Team

## Weekly Newsletter April 22, 2024

### Anna Rondeau Challenge

Congratulations to all swimmers who participated in the Anna Rondeau Challenge on May 19. Swimmers should be proud to have completed the challenge. This was such a great way to remember Anna.

#### Mini-Challenge

**100 fly**

**200IM**

**400 free**



#### Challenge

**200 fly**

**400IM**

**1500 free**

Big thanks to Wallnuts Catering for providing us with a great spread afterwards. Thank you also to Sanela Begic Le for organizing this. Most appreciated by all!

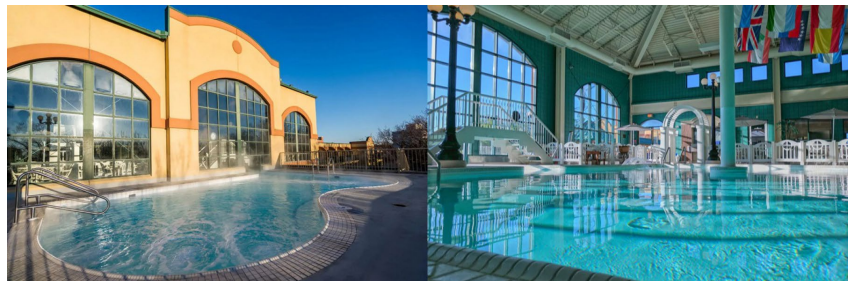


To support the Anna Rondeau Scholarship please use the following link:

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

### Fundraising

Tickets have been 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. Please return ticket stubs and cash to the office. Anyone not planning to sell their tickets please return to your coach or to the office as we have others who would like more tickets to sell.



## New ManSask Qualifiers AA!

Congratulations new ManSask qualifier **Natalie Pelzer!**

AA qualifying time of 22.29.00 in 1500 free at the Anna Rondeau Challenge.



Congratulations new ManSask qualifier **Tryg Hansen!**

AA qualifying time of 33.34 in 50 free at the Anna Rondeau Challenge.



## In-Person Officials Clinic

Roberta Kotowich, Jessica Wright, Matt Rogina, Courtney Anderson, Gisele Carabias, Yuan Kong, Shaomin Lu and Owen Eisler attended the in-person officials clinic April 13. Thank you to Kathleen Eisler and Giselle Marcotte for facilitating this clinic.

Swim Sask has the following virtual clinics available in May and June.



**SPRING 2024 VIRTUAL OFFICIALS CLINICS** 

**\*REGISTRATION OPEN: MAY 1 @ 8:00 AM**

<b>STARTER</b> TUESDAY, MAY 21 6:30 PM-8:30 PM Sign up by 8am on May 17	<b>STROKE &amp; TURN</b> SATURDAY, JUNE 8 1:00 PM-5:00 PM Sign up by 8am on June 6
<b>MEET MANAGER</b> SATURDAY, MAY 25 8:30 AM-12:30 PM Sign up by 8am on May 23	<b>CFJ/CJE/RECORDER</b> SUNDAY, JUNE 9 8:30 AM-12:30 PM Sign up by 8am on June 6
<b>STROKE &amp; TURN</b> SUNDAY, MAY 26 8:30 AM-12:30 PM Sign up by 8am on May 23	<b>STARTER</b> THURSDAY, JUNE 13 6:30 PM-8:30 PM Sign up by 8am on June 11

OFFICIALS MUST COMPLETE INTRO TO OFFICIATING (TIMEKEEPER) AND SAFETY MARSHAL E-MODULES PRIOR TO ATTENDING THESE CLINICS.

**REGISTER ONLINE AT: [EDU.SWIMMING.CA](http://EDU.SWIMMING.CA)**

## Happy Birthday

Happy Birthday to Mateo, Owen, Nathaniel, and Sophia Mc



## Upcoming Meets in May and June

### Michelle Moore May 10-12

Our next team hosted meet is coming up next month. All prospect through Elite swimmers are signed up. All Intro to Competitive and Recreational swimmers are encouraged to sign up on the events page. The deadline to sign up and decline is April 29. The sign up for parent volunteers is also open. All swimmers Prospect and above must have parents volunteering at the meet.

### [Upcoming Events](#)

### Black and Green Meet #3 May 24

Our next black and green mini meet is scheduled Friday, May 24 at the University 430-630PM. All Junior, Prospect and Intro to Competitive swimmers are signed up. Please decline on the events page if you are unable to attend. Dolphin level swimmers will also be invited to participate.

### Lasers Invitational May 31-June 2

The Lasers Invitational is in Saskatoon at the Shaw Centre. This meet is for all Prospect swimmers and Junior swimmers not attending CSI. All Intro to Competitive swimmers are welcome to sign up on the events page. The deadline to sign up and decline is May 17. Coach Rick will be attending. We are still in need of a chaperone for this meet.

### CSI: 2024 May 31-June 2

CSI is held at the MNP Sport Centre in Calgary. This is a bus travel meet. All qualified swimmers have been signed up. If you are unable to attend, the decline date is April 29.

# Contact Us

Regina Optimist Dolphins  
Swim Team

355-4246 Albert Street

Regina SK

S4S 3R9

306-586-3909

[office@reginadolphins.com](mailto:office@reginadolphins.com)

[www.reginadolphins.com](http://www.reginadolphins.com)

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

# Thank you to our Sponsors



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*Pride, Discipline, Loyalty, Commitment and Respect*

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