

Upcoming Events

Black and Green Meet 4
University of Regina
May 5

Michelle Moore Swim
Meet
Lawson Aquatic Centre
May 19-21

Regina Optimist Dolphin Swim Team

Weekly Newsletter April 29, 2023

Georgina Syrgiannis Swim Marathon

Great job to all of the swimmers who participated in the swim marathon this year. We were pleased to present a cheque in the amount of \$750 to Regina Palliative Care.



A Big thank you to our meal sponsor 4 Seasons and to SaskMilk for supporting our team.



Lasers LC Invitational

Good luck to all swimmers participating at the Lasers meet in Saskatoon this weekend. Watch the live stream:

Session 1: <https://youtube.com/live/cwr0TruVE6I?feature=share>

Session 2: <https://youtube.com/live/NSwPcijdCEo?feature=share>

Session 3: <https://youtube.com/live/eSEXox5MVtE?feature=share>

Session 4: <https://youtube.com/live/EXEH7kEKfvY?feature=share>



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. We will be needing all parents to volunteer at the meet so please mark your calendars. Job sign up will be open next week. Swim Sask is also offering officials clinics for stroke and turn and starter in May so you can get your training in before the meet.

Black and Green Meet 4

Our team Black and Green Meet 4 will be held Friday, May 5 at the University of Regina, 4:30-6:00PM. This fun meet is for swimmers in Intro to Competitive and Prospect, please sign up on the events page. Dolphin level lessons swimmers are also invited to attend.

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

SPRING 2023 VIRTUAL OFFICIALS CLINICS



STROKE AND TURN

SUN. MAY 7
9:00 AM-12:00 PM
SIGN UP BY MAY 4*

WED. MAY 17
6:00 PM-9:00 PM
SIGN UP BY MAY 15*

SAT. MAY 27
9:00 AM-12:00 PM
SIGN UP BY MAY 25*

THURS. JUNE 8
6:00 PM-9:00 PM
SIGN UP BY JUNE 6*

STARTER

TUES. MAY 9
7:00 PM-9:00 PM
SIGN UP BY MAY 7*

WED. MAY 24
7:00 PM-9:00 PM
SIGN UP BY MAY 22*

CFJ/CJE/RS
SAT. MAY 27
8:30 AM-12:30 PM
SIGN UP BY MAY 25*

MEET MANAGER
SUN. MAY 7
8:30 AM-12:30 PM
SIGN UP BY MAY 4*

***REGISTRATION OPEN UNTIL 8:00 AM**

REGISTER ONLINE AT: EDU.SWIMMING.CA

SAGM

Date: Wednesday, June 14, 2023 @ 7:00pm

Location: Lawson Classroom 2

The objectives of this meeting are as follows:

- a) Presentation of the operating budget for 2023-24 season.
- b) Adoption of any Handbook updates (including meet and fee surcharge updates) for 2023-2024
- c) Election of open Board positions for the 2023–2025 seasons (nominations are open for board positions)

Mark your calendars to attend the SAGM June 14. There are board members coming to the end of their term so several positions will be open for next season.

Team Backpacks

We'll be making a second order for backpacks so if anyone missed and would like to order please email the office.



Contact Us

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

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Pride, Discipline, Loyalty, Commitment and Respect