

## Upcoming Events

Prairie Winter  
Invitational

Winnipeg MB  
December 16-20

Christmas Party 2021

Swim Meet

Regina SK

December 18-19

Team Christmas Party  
December 21

# REGINA OPTIMIST DOLPHIN SWIM TEAM

Weekly Newsletter, December 10, 2021

## December Swim Meets

### Prairie Winter Invitational

The Winnipeg PWI meet is coming up next weekend. The hotel in Winnipeg is the Hampton Inn by Hilton Winnipeg Airport. Spectators will be permitted. The bus will be leaving the Lawson on Thursday December 16 at 8AM. Do not be late! Also the kids will be stopping at Subway for lunch on the way there. The bus will be returning Monday morning. Watch for an email with further details next week.

### RODS Christmas Party Meet 2021

Our first home meet of the season will be held at the Lawson December 18 and 19. Watch for an email next week also for swimmers attending this meet.

#### Session Date and Time

- 1 Saturday December 18th, 2021 Warm- up 9:00 – 9:45 Start 10:00
- 2 Saturday December 18th, 2021 Warm- up 3:00 – 3:45 Start 4:00
- 3 Sunday December 19th, 2021 Warm- up 9:00 – 9:45 Start 10:00

#### Schedule Of Events:

Session 1 Saturday December 18 <sup>th</sup> 10:00 AM Start
9 & Over 200 I.M.
10 & Under 25 Back
50 Back
10 & Under 25 Fly
50 Fly
11 & Under 4 X 25 Medley Relay
12/13 4 X 50 Medley Relay

Session 2 Saturday December 18 <sup>th</sup> 4:00 PM Start
100 Free
10 & Under 25 Breast
50 Breast
100 I.M.
9 & Over 100 Fly
11 & Under 4 X 25 Free Relay
12/13 4 X 50 Free Relay

Session 3 Sunday December 19 <sup>th</sup> 10:00 AM Start
9 & Over 200 Free
9 & Over 100 Breast
10 & Under 25 Free
50 Free
100 Back
11 & Under 4 X 25 Mixed Medley Relay
12/13 4 X 50 Mixed Medley Relay



SPECTATORS –The spectator area will be limited to short bleachers only adjacent to the mid tank of the Lawson Aquatic center. Access to the rest of the pool will be restricted. Spectators will be limited. The rods request that parents enter the viewing area only to view their child's races and then make room for other spectators, and not stay for the entire session.

### **Calling All Officials!**

We are in need of officials for the RODS hosted Christmas Party meet!

The meet cannot run without volunteers so we need your help. Even if your swimmer is not attending this meet we still need your help. Also everyone needs to earn their volunteer points and we have only three home meets this season.

Please sign up for an officials spot on Team Unify. The best seat in the house!

There are some on-line officials courses that are available through Swimming Canada. Please log into to your Swimming Canada account to access them.

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

See you on deck!

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

### **Snorkel left on the bus**

If you are missing a snorkel one was left on the bus after the Saskatoon swim meet. Its in the office.

# December Training Schedules

Pre - Competitive & Recreational December 2021 Schedule								
		Monday 29-Nov	Tuesday 30-Nov	Wednesday 01-Dec	Thursday 02-Dec	Friday 03-Dec	Saturday 04-Dec	Sunday 05-Dec
Week 11	Pre - Comp			4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	OFF	OFF
	Recreational Activity			OFF	OFF	4:00 - 5:30		
Week 12	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		
Week 13	Pre - Comp	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	18-Dec	19-Dec
	Recreational Activity	4:00 - 5:30	OFF	OFF	OFF	4:00 - 5:30	Dolphins Future Stars	Dolphins Future Stars
Week 14	Pre - Comp				OFF			
	Recreational Activity				OFF			
Week 15	Pre - Comp	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	01-Jan	02-Jan
	Recreational Activity				OFF			

Coach Mitchell - mhels2@gmail.com  
 Coach Breanna - breanna.foster@icloud.com  
 Coach Caitlin - danielcattin@gmail.com  
 Coach Jordan - jordan@reginadolphns.com  
 Coach Craig - newswycraig@gmail.com  
 Office - office@reginadolphns.com

Prospect December 2021 Schedule								
		Monday 29-Nov	Tuesday 30-Nov	Wednesday 01-Dec	Thursday 02-Dec	Friday 03-Dec	Saturday 04-Dec	Sunday 05-Dec
Week 14	AM			7:00 - 8:30	4:00 - 5:30	4:00 - 6:30	6:00 - 7:45	OFF
	PM			OFF	5:30 - 6:00	OFF	OFF	OFF
Week 15	AM	4:00 - 5:30	4:00 - 5:30	7:00 - 8:30	4:00 - 5:30	4:00 - 6:30	6:00 - 7:45	OFF
	PM	4:00 - 5:30	5:30 - 6:00	OFF	5:30 - 6:00	OFF	OFF	OFF
Week 16	AM	OFF	OFF	OFF	Travel to FWI	17-Dec	18-Dec	19-Dec
	PM	4:00 - 5:30	4:00 - 5:30	PWI 4-6:00 @ Uof R / No PWI @ 7:00 - 8:30 @ Lawson	4:00 - 5:30	PWI / Training 4-5:30 @ Lawson	PWI / Regina Meet	PWI / Regina Meet
Week 17	AM	Travel to Regina	OFF	OFF	OFF	OFF	OFF	OFF
	PM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Week 18	AM	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	01-Jan	02-Jan
	PM	See Christmas Schedule						

Long Course

U of R

Dryland

Coach Breanna - breanna.foster@icloud.com  
 Coach Craig - newswycraig@gmail.com  
 Office - office@reginadolphns.com

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Junior December 2021 Schedule								
		Monday 29-Nov	Tuesday 30-Nov	Wednesday 01-Dec	Thursday 02-Dec	Friday 03-Dec	Saturday 04-Dec	Sunday 05-Dec
Week 14	AM			7:00 - 8:30	4:00 - 5:30	4:00 - 6:30	5:30 - 7:45	OFF
	PM			OFF	5:30 - 6:00	OFF	OFF	OFF
Week 15	AM	5:30 - 7:00	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	4:00 - 6:30	OFF	OFF
Week 16	AM	5:30 - 6:00	5:30 - 6:00	OFF	5:30 - 6:00	OFF	OFF	OFF
	PM	4:00 - 5:30	4:00 - 5:30	PWI 4-6:00 @ Uof R / No PWI @ 7:00 - 8:30 @ Lawson	4:00 - 5:30	PWI / Training 4-5:30 @ Lawson	PWI / Regina Meet	PWI / Regina Meet
Week 17	AM	Travel to Regina	OFF	OFF	OFF	OFF	OFF	OFF
	PM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Week 18	AM	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	01-Jan	02-Jan
	PM	See Christmas Schedule						

Long Course

U of R

Dryland

Coach Mitchell - mhels2@gmail.com  
 Coach Craig - newswycraig@gmail.com  
 Office - office@reginadolphns.com

		Elite December 2021 Schedule						
		Monday 01-Nov	Tuesday 02-Nov	Wednesday 01-Dec	Thursday 02-Dec	Friday 03-Dec	Saturday 04-Dec	Sunday 05-Dec
Week 15	AM			5:20 - 7:45	Off	5:20 - 7:45	5:30 - 7:45	
	PM			4:00 - 6:30	Off	4:00 - 6:30	Off	Off
	Adrenaline Activity			Off	7:00 - 8:00	Off	10:00 - 11:00	
		06-Dec	07-Dec	08-Dec	09-Dec	10-Dec	11-Dec	12-Dec
Week 16	AM	5:20 - 7:45	Off	5:20 - 7:45	Off	5:20 - 7:45	5:30 - 7:45	
	PM	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	Off	Off
	Adrenaline Activity	Off	7:00 - 8:00	Off	Off	Off	10:00 - 11:00	
		13-Dec	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec
Week 17	AM	Off	Off	Off	Travel to FWI			
	PM	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	FWI	FWI	FWI	FWI
	Adrenaline Activity	Off	Off	Off	Off			
		20-Dec	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec
Week 18	AM	Travel to Regard	Off	Off	Off	Off	Off	Off
	PM	Off	Off	Off	Off	Off	Off	Off
	Adrenaline Activity	Off	Off	Off	Off	Off	Off	Off
		27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	01-Jan	02-Jan
Week 19	AM	See Christmas Schedule						
	PM	See Christmas Schedule						
	Adrenaline Activity	See Christmas Schedule						

Lawson	No Wednesday PM
Adrenaline 5&C	Melita A
	Ben B
	MacKenzie C
	Hazel L (dance)
	Jordan E

50/50



The fall 50/50 is slowly growing, the total is now up to \$835!  
 Make sure to promote to your family and friends! Remember the  
 deadline **December 15** is coming up soon.

[Regina Optimist Dolphins Swim Team \(rods5050.ca\)](http://rods5050.ca)

## Lessons Registration

Winter Session of Learn to Swim Lessons registration has opened  
 Classes are being offered at the University and Lawson pools and filling  
 up fast!

[Regina Optimist Dolphins - Junior Dolphins Lessons \(teamunify.com\)](http://teamunify.com)

## Fundraising

Please go to our events page to see all the fundraising opportunities at this time. There are Bingo shifts you can sign up for. 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 \(teamunify.com\)](#)

[Regina Optimist Dolphins - Fundraising Opportunities \(teamunify.com\)](#)

## Swim Sask Officials Training

We are starting our Winter 2022 officiating virtual clinic promotions.

**We also want to send a quick reminder that officials can access both virtual (synchronous) and online (asynchronous) training. Here is a quick summary of how an official can access this training:**

1. For officials to access online e-modules and/or virtual courses and officiate at sanctioned competitions, volunteers must complete online JotForm to initiate registration to become an **active official** each swim season (Sept - Aug). See attached posters or use this link to access the form: <https://form.jotform.com/212525531932249>
2. Once an officials account is activated, the official receives an auto-generated email from Swimming Canada with login information. This may take up to 72 hours.
3. From the auto generated email, the official will login into the Swimming Canada Registration system (RTR).
4. After logging, then the official can then login and access, using the same login username/password from the RTR via the [Learning Management System \(LMS\) LOGIN](#)

## Virtual Clinics

See attached poster for Winter 2022 clinics

### E-modules

Introduction to Swimming Officiating  
Safety Marshal  
Chief Timekeeper  
Clerk of Course



Officials must be at least 14 years.

Must be an active official for 2021-22 season to access virtual training and e-modules.

Officiating can occur safely and bring you closer to the action in the pool at Sanctioned Swimming Competitions.

TO OPEN AN OFFICIALS ACCOUNT OR  
TO ACTIVATE YOUR EXISTING OFFICIALS ACCOUNT  
GO TO [WWW.SWIMSASK.CA](http://WWW.SWIMSASK.CA)  
OFFICIALS: OFFICIALS CLINICS



SCAN ME



## SWIM OFFICIALS TRAINING & REFRESHERS

### Winter 2022 Virtual Clinics

Clinic	Date	Time
Intro to Officiating	Saturday January 8	8:30am-11:30 am
Judge of Strokes, Inspector of Turns	Saturday January 8	1:00pm - 4:00pm
Judge of Strokes, Inspector of Turns	Wednesday January 19	6:00pm-9:00 pm
Judge of Strokes, Inspector of Turns	Saturday January 22	8:30am-11:30 am
Meet Manager	Saturday February 12	8:30am-12:30 pm
Referee Clinic <i>(invitation only)</i>	Saturday February 12	10:00am-5:00 pm

Officials must be at least 14 years and be an active official for this season.  
All Clinics will be held virtually via the ZOOM platform.



SCAN ME

[LOGIN TO YOUR ACCOUNT](#)  
AT [WWW.EDU.SWIMMING.CA](http://WWW.EDU.SWIMMING.CA) TO

SIGN UP FOR VIRTUAL CLINICS AND E-MODULES

## Lululemon

We have some extra items that are available for purchase. Please contact the office if you are interested.

Adapted State Jogger size 6 black \$78.59

Wunder Under Tight size 12 camo \$54.39

Love Tank size 6 black \$21.09

Love Tank size 6 white \$21.09

Hotty Short 4" size 4 white \$32.19

Swiftly Tech Racerback tank size 6 black \$32.19

Swiftly Tech Racerbank tank size 6 grey \$32.19

## 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 upcoming meets in Saskatoon in February and Winnipeg in March 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).