

Upcoming Events

Christmas Party
December 19

Home Training Camp
Lawson Aquatic Centre
December 28-31

Phoenix Training Camp
December 30-January 7

Swim Sask Youth Camp
Lawson Aquatic Centre
January 6

Head to Head
Mentorship Session
January 12

Winter Classic
Lawson Aquatic Centre
January 19-21

Regina Optimist Dolphin Swim Team

Weekly Newsletter December 16, 2023

Winter Solstice

Congratulations to all our swimmers who swam really well. We were happy to see many first-time participants. Thanks again to our meet sponsor Knight Archer Insurance, PSMI who sponsored the hospitality, and other team sponsors Capital Automotive Group, Regina Orthodontic Group and Paradise LeisureScapes.

Thanks to all the volunteers who helped at the Winter Solstice meet. Its great to see you supporting your kids and teammates. We had 35 parents and 15 swimmers who came and helped. It was great to see some first-time officials getting their sign-offs for timing. Thank you to swimmers who volunteered their time: Owen Eisler, Ben Stewart, Isaac Currie, Gillian Kimens, Sara Austin- Koyl, Jasmine Rogoza, Stephanie Adelman, Ava Harlos, Sadie Anderson, Matthew Brough, Aden Dickinson, Nathaniel Pelzer, Chloe Hegi, Jane Stephan, and Isla Hansen





JP Fiset Invitational

Good luck to our 21 swimmers competing at the JP Fiset Invitational in Edmonton this weekend.



Team Jackets

We have new team gear not offered before. Trimark Okapi jackets will have the green RODS logo embroidered on the front and last name heat pressed in green on the lower back. Sizing jackets are now available in the office to try on until Tuesday. **They will be available to try during the Christmas party.** The jackets will be \$90 including all embroidery and taxes. Delivery will be mid-January.



Christmas Party

Tuesday, December 19 from 4:00-6:30PM

All swimmers in Intro, Recreational, Prospect, Junior and Elite

Lawson Aquatic Centre

Pool Activities from 4:00-5:30PM

Pot luck supper and gift exchange in Classroom 2 from 5:30-6:30PM

Recreational and Intro please bring a dessert, Prospect and Junior please bring a salad or side dish, Junior Nat and Elite please bring a hot dish.

Gifts and food can be dropped at the office before heading into the pool.

This will be the last day before the holidays.

Christmas Home Training Camp

Home training camp will be offered December 28-December 31 at the Lawson, sign up is available on the events page. This camp is available to Prospect, Junior Provincial and Junior National swimmers.

<https://www.gomotionapp.com/team/canrodsc/page/events#/team-events/upcoming>



**OLYMPIAN LED MENTORSHIP
PROGRAMS**
2023/2024

Head to Head Mentorship

The first session of our Head to Head Olympian-led mentorship program series is planned for January 12. These sessions are for all swimmers Intro to Competitive through to Elite and are a great opportunity for our swimmers. More details coming soon.

National Lifeguard Course

We are looking at arranging a lifeguarding course specifically for swimmers that will fit in with our swim schedule. If your swimmer is interested in attending, please contact the office.

New Intro to Competitive Group

Coach Olena has a new Intro Gold group at the Lawson running Tuesday, Wednesday and Friday starting in January.

Winter Classic

Our second team hosted meet of the season is coming up shortly after the Christmas break. Four sessions January 19-21, 2024. Decline date for Prospect and above swimmers is **January 8**. All Intro to Competitive swimmers are encouraged to sign up on the events page before **January 8**. There are 10 & under girls/11 & under boys events each session. Your coach will select appropriate events. Please note each family with a swimmer entered in the meet is required to sign up for 3 shifts to help during the weekend. Job sign up is coming soon.

Winter Officials Clinics

Registration is now open for the Winter 2024 Virtual Officials Clinics. To run sanctioned meets, we need officials activated and trained, so please sign up as soon as possible. There must be a minimum of 4 participants to run each clinic. Note: It's recommended that participants use a computer or tablet instead of a phone as it will be easier to view the slideshow. To receive credit for the clinic, officials are required to attend the course in its entirety and must participate in the discussion. When attending a virtual clinic, participants are expected to be on camera during the course. Additionally, if a participant is not attentive or engaged, Course Conductors may not give the individual credit for completion.

- All new and returning officials must be activated for the current 2023-2024 season (September 1 – August 31); this must be completed within 14 days of commencing participation as an official. There are two ways this can be done:
 - Officials can complete the online Link to Activate: <https://form.jotform.com/232196464084258>
 - Officials can contact their Club Officials Administrator (COA) who can also update officials account to a status of active in the RTR.
- Once their account is active, they will receive an auto-generated email from Swimming Natation Canada with their login information to complete registration
- Using the same login information from the account activation, an official can login to the Swimming Canada Learning Management system and register for courses: <https://edu.swimming.ca/index.php?page=225>.

- **E-modules – can be taken on Official’s own time (self-directed course):**
 - Introduction to Swimming Officiating (Timekeeper)
 - Safety Marshal
 - Chief Timekeeper
 - Administration Desk (formerly Clerk of Course)
 - Para Swimming
- **Virtual Clinics – taught by Swim Saskatchewan Senior/Master Officials (can be taken as a refresher):**
 - Judge of Stroke
 - Inspector of Turns
 - Starter
 - Meet Manager
 - Chief Judge Electronics, Chief Finish Judge, and Chief Recorder and Recorder (formerly Recorder/Scorer)
- Officials **must complete** the Intro to Swimming Officiating (Timekeeper) and the Safety Marshal e-modules prior to attending the other “Virtual Clinics” listed above – see attached Pathway for more information.
- For more information on officiating, please see: <https://www.swimsask.ca/how-to-get-started>



WINTER 2024 VIRTUAL OFFICIALS CLINICS 

<p>STARTER THURS. JAN 11 6:30 PM-8:30 PM SIGN UP BY JAN. 9*</p>	<p>STROKE & TURN SUN. JAN 28 8:30 AM-12:30 PM SIGN UP BY JAN. 25*</p>
<p>STROKE & TURN SAT. JAN 13 8:30 AM-12:30 PM SIGN UP BY JAN. 11*</p>	<p>STARTER TUES. JAN 30 6:30 PM-8:30 PM SIGN UP BY JAN. 28*</p>
<p>CFJ/CJE/RECORDER SUN. JAN 14 8:30 AM-12:30 PM SIGN UP BY JAN. 11*</p>	<p>OFFICIALS MUST COMPLETE INTRO TO OFFICIATING (TIMEKEEPER) AND SAFETY MARSHAL E-MODULES PRIOR TO ATTENDING THESE CLINICS.</p>

REGISTRATION OPEN UNTIL 8:00 AM

REGISTER ONLINE AT: [EDU.SWIMMING.CA](https://www.swimsask.ca)

Contact Us

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Swim Team

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

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect

