

Upcoming Events

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 29, 2023



OLYMPIAN LED MENTORSHIP
PROGRAMS
2023/2024

Head to Head Mentorship

On **Friday, January 12th**, we will be having our first of three in-person **Head to Head** sessions with **2x Olympian Yuri Kisi!** Head to Head promotes mental resilience and physical wellness through Olympian-led youth mentorship programs. On this visit, each group will receive **1 hour of swim-specific skills training** led by Yuri, and a **1 hour mental skills workshop** in a classroom setting. The program will also include virtual sessions, self-reflection workbooks, and professionally-created videos. We hope that you will join us!

For all swimmers Intro to Competitive through to Elite
Scheduled at the University of Regina pool. Classroom location TBD.

Cougars/Elite: Practice 2:30-3:30pm, Yuri Swim 3:30-4:30pm,
Classroom 4:30-5:30pm

Junior National, Junior Provincial: Yuri Swim 3:30-4:30pm,
Classroom 4:30-5:30pm

Prospect, Intro: Classroom 4:30-5:30pm, Yuri Swim 5:30-6:30pm

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. We would like all members to attend the meet.



Please note each family with a swimmer in Prospect and above entered in the meet is required to sign up for 3 shifts to help during the weekend. Job sign up is open.

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

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. **Strongly recommended to sign up for the Stroke and Turn clinic January 13! We are in desperate need of qualified Stroke and Turn officials.**

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)

Fundraising

New bingos are posted to the events page for January and February. Sign up will open Saturday, December 30 at 10:30AM.

Remember the new location is Fantasyland Bingo at 2029 Park Street

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

January Schedules

January schedules have been sent out and can always be found on the website under the SWIMMERS tab.

All regular training starts back January 2, 2024. A reminder to the Prospect group that Tuesday and Wednesday practices will be held at the University starting next week.

February Swim Meets

We have two meets to attend the first weekend of February so there is opportunity for all swimmers to attend a meet. Qualified swimmers have been signed up for the Edmonton Open long-course meet. Decline date is **January 12**. This will be a bus travel meet February 1-4.

The same weekend is the Goldfins Winter Classic in Saskatoon. There are no qualifying times. This is a short course meet. Prospect and Junior swimmers have been signed up. Decline date is **January 15**. All Intro to Competitive swimmers are encouraged to sign up and attend. The meet starts with warm-ups 3:30PM on Friday. If there are enough swimmers we can offer team travel and send a bus up Friday at noon returning on Sunday evening. Otherwise, it will be a self-travel meet. As always swimmers 11 and under have the option to team travel or travel and stay with parents. Please make a note on your sign up if you would not be wanting to take the bus. If you have questions, please ask!

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

Contact Us

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

Happy New Year! We're looking forward to an exciting start to 2024. Please note there will be no in-office hours at the Lawson the week of January 2-6.

Thank you to our Sponsors



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