

Upcoming Events

Winter Solstice Meet

December 9-10

Lawson Aquatic

JP Fiset Invitational

Edmonton

December 15-17

Christmas Party

December 19

Regina Optimist Dolphin Swim Team

Weekly Newsletter December 8, 2023

Winter Solstice Meet

Our home meet “Winter Solstice – presented by Knight Archer Insurance” is this weekend. Thank you!! to all our parents who have signed up to volunteer. We can’t host these meets for our swimmers without you. Please see the weekend schedule following:



Saturday Session 1 – arrive 800AM warmups start 830AM

Saturday Session 2 – arrive 330PM warmups start 400PM

Sunday Session 3 – arrive 800AM warmups start 830AM

Fundraising

Bingos for December are now posted to the website. Please note that our last bingo at Bingo Palace will be on December 15th. All bingos after that will be at Fantasyland Bingo, 2029 Park Street.

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

Pick up your Farmer John’s baking tray today at the Lawson office 330-600 if possible

Team Jackets

We have new team gear not offered before. Trimark Okapi jackets will have the green RODS logo embroidered on the front and name heat pressed on the lower back. Sizing jackets are now available in the office to try on until the end of next week. Try on will also be available at the University on Wednesday. The jackets will be \$90 including embroidered logo and name on the back and taxes. Delivery will be mid-January.



2022-23 Awards Gala Photos

Click the link below to view the Awards Gala photos. Thank you to our fantastic photographer Becky Weins.



<https://www.dropbox.com/scl/fo/vu04ni1gs9eqo3mq2zrek/h?rlkey=bfb0dlrczh7b7pg0bko9g4vql&dl=0>

Congratulations again to all our awards winners!

Recreational

Attendance – Keira Konkel
Most Improved – Georgia Hamilton
Team Spirit – Tarryn Reym

Intro to Competitive

Attendance – Alvin Doan
Most Improved – Collins Brunskill
Team Spirit – Emy Bailey
Best Race – Berlin Cornea

Prospect

Attendance – Neven Le
Most Improved – Sophia King
Team Spirit – Joshua Becerra
Best Race – Tryg Hansen

Junior

Attendance – Tenley Rogina
Most Improved – Isabelle Carleton
Team Spirit – Jane Stephen
Best Race – Isla Hansen

Junior Advanced

Attendance – Gillian Kimens
Most Improved – Josh Austin-Koyl
Team Spirit – Gillian Kimens
Best Race – Macy Harlos

Elite

Attendance – Jada Dickinson
Most Improved – Sadie Anderson
Team Spirit – Ava Harlos
Best Race – Sadie Anderson

Cougars

Attendance – Matthew Brough
Most Improved – Matthew Brough
Team Spirit – Aden Dickinson
Best Race – Matthew Brough

Best Age Group Awards

Intro Girls – Berlin Cornea
Intro Boys – Sebastien Paraiso
10-12 Girls – Gillian Kimens
11-13 Boys – Nathaniel Pelzer
13-14 Girls – Macy Harlos
14-15 Boys -Isaac Currie
15 & over Girls – Sadie Anderson
16 & over Boys – Matthew Brough

Burger Night Fundraiser

Thanks to everyone who attended the Burger Night fundraiser at Browns Social House East. Congratulations to 50/50 winner Trina Hubick winning \$965.00.

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.

Swimmers of the Month for November

Intro Silver RODS

Congratulations Sophia



Intro Silver Cougars

Congratulations Ryan



Intro Gold Cougars
Congratulations Daniel



Recreational
Congratulations Peyton



Prospect Silver
Congratulations Ava K



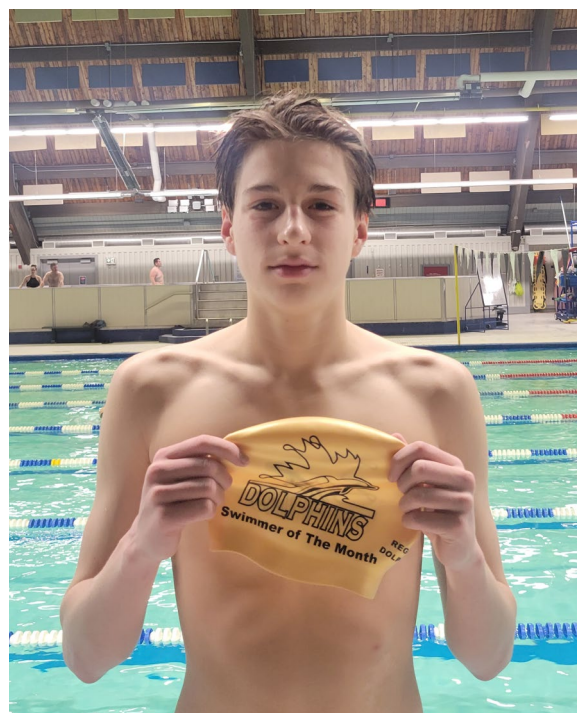
Prospect Gold
Congratulations Neven



Junior Provincial
Congratulations Natalie



Junior National
Congratulations Nathaniel



Elite Congratulations Jada



Christmas Party

The annual Christmas party is planned for Tuesday, December 19 (400PM-630PM) at the Lawson. There will be lots of fun in the pool before a pot luck supper and Secret Santa gift exchange. Intro and Recreational please bring desserts, Prospect and Junior please bring salads, and Junior Nat and Elite please bring a hot dish. Coaches will be drawing names for the Secret Santa gift exchange (gifts under \$25). If you do not wish to participate in the exchange just have your swimmer ask their coach to not include their name in the draw.

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>

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

