

Upcoming Events

PWI Winnipeg

December 15-18

Knight Archer Winter
Solstice Meet

Lawson Aquatic Centre

December 17-18

Christmas Pool Party and
Potluck

December 20

Regina Optimist Dolphin Swim Team

Weekly Newsletter, December 9, 2022

News from our Coaches

Head Coach & GM: Craig Nieuwstad
Elite & Cougars

Winner of Swimmer of the Month from the boys Cougars
Congratulations Matthew B.

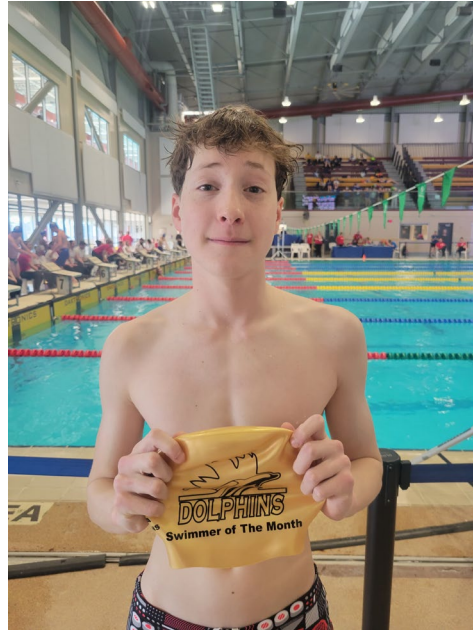


Winner of Swimmer of the Month from the Elite Group
Congratulations Jada D.



Assistant Head Coach: Mitchell Hebert
Junior Advanced

Winner of Swimmer of the Month from the Junior Advanced Group
Congratulations Isaac C



Coach: Breanna Foster
Junior

Winner of Swimmer of the Month from the Junior Group
Congratulations Owen E



**Coach: Caitlin Danis
Prospect**

Winner of Swimmer of the Month from the Prospect Group
Congratulations Astrin S



**Coach: Olena Rashovich
Recreational**

Winner of Swimmer of the Month from the Recreational Group
Congratulations Tarryn R



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 **January 27**.

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

Mike Mintenko Scholarship Awards

Congratulations to Ben Stewart and Annabel Kolman winners of the Mike Mintenko scholarships.



Upcoming Meets this Week

Knight Archer Winter Solstice Meet at the Lawson December 17-18. This is our first team-hosted meet of the season.

Job sign-up is now open! All officials who work all three sessions will have their name entered in a draw for a **\$50 gift card to Victoria's Tavern** donated by Mike and Erin Harlos. We need all parents to sign up to help out, even if your swimmer is attending PWI. If you have questions on some of the different positions available please ask.

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

Weekend Schedule:

Session 1: Saturday 17 December:

Tshirt Colour: Black

08:30 AM: Arrive On Deck

08:40 AM: Activation

09:00 AM: Warm - Up

10:00 AM - 12:00 AM: Competition

Session 2: Saturday 17 December 2022

Tshirt Colour: Green

3:30 PM: Arrive On Deck

3:40 PM: Activation

4:00 PM: Warm - Up

5:00 PM - 6:00 PM: Competition

Session 3: Sunday 18 December:

Tshirt Colour: Black

08:30 AM: Arrive On Deck

08:40 AM: Activation

09:00 AM: Warm - Up

10:00 AM - 12:00 AM: Competition

Prairie Winter Invitational at the Pan Am Pool in Winnipeg, December 15-18. The bus will be leaving the Lawson at 9AM Thursday, December 15. More information will be sent out separately.

Second chaperone is still needed for this meet. If you have a swimmer attending this meet please consider helping to chaperone.

Winter Officials Training with Swim Sask

New and Returning Officials must become active for the 2022-2023 season. This must be completed within 14 days of commencing participation as an official. There are two ways this can be done:

Online Link to

Activate: <https://form.jotform.com/222145124834247>

As COA, you can login and change officials account to a status of active.

To access officials training an official must have been activated for the current season.

Then with the same login information used during activation, an official logs in and accesses the Swimming Canada Learning Management System

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

E-modules (Intro to Officiating, Chief Timekeeper, Safety Marshall and Clerk of Course)

Virtual Clinics (can be used as a refresher) (Judge of Strokes and Inspector of Turns, Starter, Meet Manager and Chief Judge Electronics/Chief Finish Judge/Recorder Scorer)

Thank you for all your work to help make swim meets happen and happen efficiently and successfully!

CONTINUE YOUR OFFICIATING TRAINING IN '23

active officials can sign up to take the following advancing
FREE virtual officiating clinics [Winter 2023](#):

Sign up online at edu.swimming.ca

Stroke and Turn

January 8
January 31
March 9

Starter

January 11

Meet Manager

February 26

CFJ/CJE/RS

March 9



WWW.EDU.SWIMMING.CA

THANK YOU FOR VOLUNTEERING!

You are helping to build

[#betterlivesthroughswimming](#)



RODS Hosted Meets this season

Our team is hosting three swim meets this season. All parents are needed to sign up to volunteer at these meets.

Knight Archer Winter Solstice Meet – December 17-18

Regina Winter Classic presented by Stone Bridge Redi-Mix – January 13-15

Michelle Moore Invitational presented by Regina Orthodontic Group– May 19-21

Christmas Party

Our Christmas pool party is planned **Tuesday December 20**. There will be fun in the pool followed by a pot luck supper in Classroom 1 Fieldhouse as well as a Secret Santa Gift Exchange. 400-630PM. This will be the last day before the Christmas break.



Names will be drawn for each group. Please only include your name if you are planning to attend the party. Gifts can be approx. \$20

Home Christmas Training Schedule

Local training camp schedule is available. Please sign up on the events page if you are planning to attend.

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

Local Training Camp							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	26 Dec	27 Dec	28 Dec	29 Dec	30 Dec	31 Dec	01 Jan
Prospect	AM	Off	Off	07:00 - 09:00	Off	07:00 - 09:00	07:00 - 09:00
	PM	Off	4:00 - 5:30	Off	4:00 - 5:30	Off	Off
Junior	AM	Off	07:00 - 09:00	07:00 - 09:00	07:00 - 09:00	07:00 - 09:00	07:00 - 09:00
	PM	Off	4:00 - 5:30	Off	4:00 - 5:30	Off	Off
Junior Adv	AM	Off	07:00 - 09:00	07:00 - 09:00	07:00 - 09:00	07:00 - 09:00	07:00 - 09:00
	PM	Off	4:00 - 5:30	4:00 - 5:30	Off	4:00 - 5:30	Off
Elite / Cougars	AM	Off	06:30 - 09:00	06:00 - 08:00	07:00 - 09:00	07:00 - 09:00	07:00 - 09:00
	PM	Off	2:00 - 4:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	Off

Contact Us

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www.reginadolphins.com

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

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect