

Upcoming Events

February 18-20

The Three Amigos

Covid Relief Meet

Lawson Aquatic Centre,
Regina

March 4-6

Junior Short Course
Provincials 2022

Moose Jaw

March 17-20 (pending)

ManSask Spring
Championship

Winnipeg

Regina Optimist Dolphin Swim Team

Weekly Newsletter, February 4, 2022

The Three Amigos Covid Relief swim meet

The Three Amigos Covid Relief swim meet is next weekend, February 18-20 at the Lawson Aquatic Centre. If you are signed up you can find your events on the Event Page, click on edit commitment.

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

Here are a list of the events each day. Please be on deck 20 min prior to start of warm up each day.

Feb 5/22

Session #1- Friday, February 18th, 2022

Warm up 4:00 pm Start: 4:50 pm

7 & Over (Girls & Boys)

Female Event #	Event Description	Male Event #
1	400 Fr	2
3	50 Br	4
5	100 Fly	6
7	200 Bk	8
9	1500 Fr	10
11	800 Fr	12

Session #2 - Saturday, February 19th, 2022

Warm up 1:00 pm Start 1:50 pm

7 & Over (Girls & Boys)

Female Event #	Event Description	Male Event #
13	50 Fr	14
15	100 Bk	16
17	200 Br	18
19	50 Bk	20
21	200 Fr	22
23	400 IM	24

Session #3 - Sunday: February 20th, 2022

Warm up 7:00 am Start 7:50 am

7 & Over (Girls & Boys)

Female Event #	Event Description	Male Event #
25	200 FL	26
27	100 Br	28
29	50 FI	30
31	200 IM	32
33	100 Fr	34

There are still some open shifts for head lane timer/inspector of turns. You can sign up here:

<https://www.signupgenius.com/go/8050B45A5AD2AA0FB6-thethree>



Junior Short Course Provincials. 2022

Also coming up soon is Junior Provincials in Moose Jaw. The deadline to sign up/decline is February 11. All prospect and junior swimmers with less than 3 ManSask AA time standards are signed up so you must decline by February 11 if you are unable to attend. All pre-competitive swimmers must sign up if they would like to attend. There are no qualifying times this year due to the pandemic. This is a great meet to attend, with ribbons, medals and awards to be presented.

This will be a self-drive meet. There are no spectators invited unfortunately, but the meet will be live streamed.

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

Sask Sport Athlete of the Month

University of Regina Cougars Swim Team, Kareem Tarek Mohammed, has been selected the January 2022 Sask Sport Athlete of the Month! Kareem also coaches in our JD program.

Congratulations!



Contact Us

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www.reginadolphins.com

Office Hours at the Lawson

Monday-Thursday 4-6PM

Fundraising

Dear Dolphin Families,

As you know, the club usually runs a few fundraisers every year to help offset the rising costs of running a non-profit sports team. The last couple of years have been more of a challenge for how best to do this. We appreciate all of your help and support of past fundraisers and look forward to this new idea.

The club has decided to try two new fundraisers this year and we need your help. The plan is to hold two raffles for wallets filled with gift cards.

First a **Mother's Day wallet** filled with gift cards for things moms would love, to be raffled and drawn before Mother's Day.

Second a **Father's Day wallet** filled with gift cards for things dads would want, to be raffled and drawn before Father's Day.

At this time we are requesting all families that are able to donate a gift card to the club to be used in the wallets.

* The gift cards can be for any store (preferably in Regina or surrounding area) and whatever denomination you want.

* Cards could be for anything like food, shopping, activity or services etc.

* We can also accept cash donations that can be used to purchase gift cards.

* Cash and gift cards can be dropped off at the office by March 1, 2022 please.

* Gift cards could be purchased by families or donated by local businesses. If you know of a business that would be willing to support the club by donating a gift card their support will be thanked on our website and communications to members.

Thank you in advance for your support. Once we have the wallets ready to go we will send out further information about the raffle tickets and dates of the raffles.



Please go to our events page to sign up for Bingo shifts. 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 \(teamunify.com\)](#)

February Break (Feb 21-27)

The sign up and schedule for the February break home training camp, for prospects, junior and elite, will be coming soon. Please watch the events page.

There will be no training for pre-competitive, recreational and JD swim lessons over the break.

Team Gear

All swimmers need to have a black and a green team shirt to wear at swim meets and team events. If you do not have these yet or need new ones they are available at the RODS office \$30 for two. Also available are swim caps, equipment bags, winter toques, water bottles and face masks. Stop in Monday through Thursday 4PM-6PM to pick up.

Birthdays This Week

Sophia K, Ben S., Sam W.



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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 an upcoming meet in Winnipeg in March and we'll require chaperones for this trip. 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).



Pride, Discipline, Loyalty, Commitment and Respect
