

## Upcoming Events

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March 4-6  
Junior Provincials  
Moose Jaw

March 17-20  
ManSask Spring  
Championship  
Winnipeg

# Regina Optimist Dolphin Swim Team

Weekly Newsletter, February 25, 2022

## News from Our Coaches!

Head Coach & GM: Craig Nieuwstad  
Elite & Cougars

Congratulations to all the swimmers who competed at the Three Amigos swim meet last weekend. It was great to see the three Regina clubs work together and pull off a successful meet in a short amount of time. The swimmers have been starved of competition and swam lights out last weekend. Congratulations to all our swimmers on their fantastic results, and well done to those swimmers who achieved time standards.

We have a busy month of competing coming up and are excited to race. Let's keep working hard each practice so that we can achieve those goals.

A big thank you to all the volunteers who helped out this past weekend, without you it would not have been possible, and we as coaches appreciate it immensely.

Assistant Head Coach: Mitchell Hebert  
Juniors & Recreation

Getting back to racing this past weekend was a great experience. A lot of best times coming from the group and one new ManSask qualifier, Isaac Currie. I'm excited for more racing at JR provincial and ManSask.

Coach: Breanna Foster  
Prospect & Recreation

The prospect group had a great meet. Lots of fast swimming and working on race strategy and technique. Malika and Nathaniel got their first AA times and there were lots of A times all around! Prospect swimmers practiced structuring their own warmup to prepare for racing!



## Junior Short Course Provincials. 2022

Next weekend is Junior Provincials in Moose Jaw!

This will be a self-drive meet. There are no spectators invited unfortunately, but the meet will be live streamed. Parents may want to do some carpooling. Also we are arranging lunch on Saturday so the swimmers will stay at the pool on the break between sessions. Swimmers should bring green and black shirts, two towels, water bottle and healthy snacks.

Swimmers please send in your athlete bio's to the office.

<b>Day</b>	<b>Friday</b>	<b>Saturday AM</b>	<b>Saturday PM</b>	<b>Sunday</b>
<b>Date</b>	4 March	5 March	5 March	6 March
<b>Shirt</b>	<b>Green</b>	<b>Black</b>	<b>Green</b>	<b>Black</b>
<b>On Deck</b>	3:00 PM	7:30 AM	3:00 PM	7:30 AM
<b>Activation</b>	3:10 PM	7:40 AM	3:10 PM	7:40 AM
<b>Warm - Up</b>	3:30 PM	8:00 AM	3:30 PM	8:00 AM
<b>Start</b>	4:40 PM	9:10 AM	4:40 PM	9:10 AM

Swimmers will stay at the Sportsplex between sessions on the Saturday and lunch will be provided.

**AWARDS:** Individual events:

Medals for placing 1st, 2nd & 3rd

Ribbons for placing 4th to 10th

Top 3 Most Improved Swimmer by age group & gender

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

## ManSask Spring Championship

ManSask Spring Championship meet is March 17-20 in Winnipeg. The bus will be leaving Thursday morning and returning Sunday night. The team will again be staying at Hampton Inn by Hilton Winnipeg Airport.

Deadline to decline is March 2 if you are unable to attend. Swimmers are still able to qualify at Junior Provincials.

*From Swim Manitoba:*

Hello to all ManSask 2022 competing Swim Clubs and Swimmers.

We are excited to host you all for what has been a long-time-coming swim meet.

Typically, we have an on-site apparel set up for swimmers to purchase custom-made apparel. This year we are doing it virtually and orders will be made online.

Here is the weblink to the site: <https://bit.ly/3GUS3od>

**IMPORTANT: PLEASE PLACE ALL ORDERS BY MARCH 3rd, 2022**  
(to ensure garments are ready for ManSask weekend).

**All orders placed by March 3rd, will be ready for pickup at the pool**  
(orders will be distributed at the pool on or after March 17th).

**Any orders placed after March 3rd, may be subject to a delivery fee**  
to be delivered to their respective outside Manitoba province.

We look forward to seeing you all in a few weeks!

John Witwicki  
ManSask, Meet Manager  
[johnwitwicki126@gmail.com](mailto:johnwitwicki126@gmail.com)  
204-479-4437

**Swim MB has asked us to share the sign-up genius so that SK officials and volunteers can get a front row seat at ManSask in Winnipeg**

**Sign up to officiate:**

[Wednesday, March 16, 2022 Meet Set Up](#)  
[Session 1 Timed Finals, Thursday evening, March 17](#)  
[Session 2 Preliminaries, Friday morning, March 18](#)  
[Session 3 Finals, Friday evening, March 18](#)  
[Session 4 Preliminaries, Saturday morning, March 19](#)  
[Session 5 Finals, Saturday evening, March 19](#)  
[Session 6 Preliminaries, Sunday morning, March 20](#)  
[Session 7 Finals, Sunday evening, March 20](#)

**Officials & Volunteers:**

Kim Hodges is our ManSask Officials Chair. Kim can be contacted for officials and volunteers' questions via the sign-up genius.

## Also news from Swimming Matters Swim Equipment

We are a family-owned business that has been in business since 1998. We carry hard to find swim equipment, stock a wide selection of goggles, swim caps, race-suits, and 100% chlorine resistant polyester swimwear.

We offer all swim teams a 20% discount both online and at our location in Winnipeg. To order online simply enter **Team20** into the coupon code section at checkout. In store just let us know you swim with an aquatic team to take advantage of the discount.

They usually have a booth set up at ManSask and you can also order online:

[Swimming Matters for Aquatic Athletes and Aquatic Enthusiast – SwimmingMatters](#)

# Contact Us

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Office Hours at the Lawson

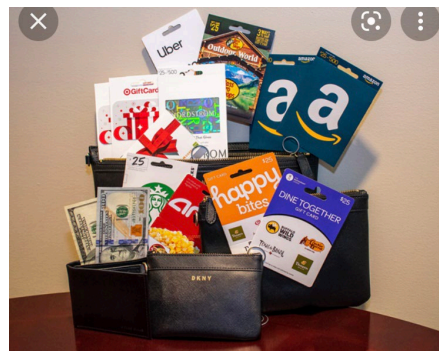
Monday-Thursday 4-6PM

## Fundraising

Please help the club with our spring fundraiser raffle. Gift cards can be dropped off at the office We will be raffling off two wallets.

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.



Thank you to Sanela Begic Le and Erin Harlos for your support!

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

[Regina Optimist Dolphins - Fundraising Opportunities \(teamunify.com\)](https://www.teamunify.com/Regina-Optimist-Dolphins-Fundraising-Opportunities)



## Birthdays This Week

Duncan C.



## Your Help is Needed

The team needs new **board members** for the coming year. If you think you would like to put your name forward, there will be several positions up for election at the SAGM in June. Not all positions require a big time commitment.

Also the position of **officials co-ordinator** will be coming open soon. The duties include registering team officials with Swimming Canada at the start of the season, posting the officials sign up to the website before a swim meet, and other duties.

Keep in mind that as a board member or officials co-ordinator you earn 300 volunteer points for the season.

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*Pride, Discipline, Loyalty, Commitment and Respect*

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