

Upcoming Events

February 18-20

Regina Meet

March 4-6

Junior Provincials

Moose Jaw

(Pending)

March 17-20

ManSask Spring
Championship

Winnipeg

Regina Optimist Dolphin Swim Team

Weekly Newsletter, February 4, 2022

Good news we have a swim meet scheduled for Regina swimmers February 18-20 at the Lawson Aquatic Centre.

The deadline is coming up quickly, February 8. All junior, prospect and elite swimmers are signed up so you must decline by February 8 if you are unable to attend, All pre-competitive and recreational swimmers who would like to attend must sign up by this date.

Also watch for officials sign up coming tomorrow, sign up for your preferred shifts as soon as possible.

Junior Short Course Provincials. 2022

Also coming up soon is Junior Provincials in Moose Jaw. The deadline 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](#)



Contact Us

Regina Optimist Dolphins Swim Team

355-4246 Albert Street

Regina SK

S4S 3R9

306-586-3909

office@reginadolphins.com

www.reginadolphins.com

Office Hours at the Lawson

Monday-Thursday 4-6PM

News from Our Coaches!

Head Coach & GM: Craig Nieuwstad
Elite & Cougars
Email: nieuwscraig@gmail.com

February Swimmer of the Month for Elite
Congratulations Jada D!



Assistant Head Coach: Mitchell Hebert
Juniors & Recreation
Email: mheb52@gmail.com

February Swimmer of the Month for Junior
Congratulations Gillian K!



Coach: Breanna Foster
Prospect & Recreation
Email: Breanna.foster@icloud.com

February Swimmer of the Month for Prospect
Congratulations Isabelle C!



Coaches Caitlin Danis and
Jordan Rodgers
Pre-Competitive
Email: daniscaitlin@gmail.com,
jordan.rodgers747@gmail.com

February Swimmer of the Month for Pre-Competitive
Congratulations Maxwell B!



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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 \(teamunify.com\)](https://www.teamunify.com/teams/regina-dolphins-swim-team/events)

[Regina Optimist Dolphins - Fundraising Opportunities \(teamunify.com\)](https://www.teamunify.com/teams/regina-optimist-dolphins/fundraising-opportunities)

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

Scott H



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
