

Regina Optimist Dolphin Swim Team

Weekly Newsletter February 27, 2024

2024 Junior Provincials

Congratulations to our 28 RODS swimmers who attended the Junior Provincials in Moose Jaw on the weekend. Fantastic swimming everyone.



FRIDAY RESULTS

Top 10 results (points):

100 FREE:

10&U Girls: Charlotte Z - 7th Berlin - 8th

11-12 Girls: Natalie - 4th Jazz - 9th

11&U Boys: Tryg - 🥈 2nd

14&O Boys: Tommy - 6th

200 IM

11&U Boys: Tryg - 🥈 3rd

12-13 Boys: Clark - 9th

14&O Boys: Tommy - 6th

200 FLY:

11&U Boys: Neven - 🥇 1st

14&O Boys: Inigo - 🥇 1st

50 BACK:

10&U Girls: Berlin - 8th

11-12 Girls: Natalie - 🥈 2nd

11&U Boys: Neven - 1st (AA) Alvin - 5th Ferran - 8th

12-13 Boys: Clark - 6th

14&O Boys: Inigo - 🥇 1st

Upcoming Events

ManSask Winter LC

Provincial Champs

March 7-10

Saskatoon

Speedo Western Canadian
Champs

March 21-24

Winnipeg

Marlins Spring Ice Breaker

April 6-7

Swift Current



200 FREE Relays:

10&U Girls: A - 3rd (Berlin, Amanda, Charlotte K, Charlotte Z) 🏆
11&U Boys: A - 1st (Tryg, Alvin, Ferran, Neven) 🏆
14&O Boys: A - 3rd (Tommy, Inigo, Josh B, Iker) 🏆

SATURDAY AM RESULTS - Session 2

200 Mixed FREE Relay:

11&U A (Tryg, Neven, Berlin, Charlotte Z) - 4th
11&U B (Ferran, Alvin, Claire, Amanda) - 7th
12-13 A (Natalie, Iker, Ferran, Berlin) - 5th
14&O A (Tommy, Inigo, Jane, Ariel) - 🏆 3rd

100 BACK:

10&U Girls: Berlin - 5th
11-12 Girls: Natalie - 🏆 2nd
11&U Boys: Alvin - 5th
12-13 Boys: Iker - 🏆 2nd Clark - 5th
14&O Boys: Inigo - 🏆 2nd Tommy - 7th

50 BREAST:

10&U Girls: Charlotte Z - 8th Berlin - 10th
13&O Girls: Jane - 4th
11&U Boys: Tryg - 🏆 2nd Alvin - 7th Ferran - 10th 1
4&O Boys: Inigo - 4th

100 FLY:

11&U Boys: Neven - 🏆 1st
14&O Boys: Tommy - 4th

400 FREE:

10&U Girls: Amanda - 🏆 2nd
11&U Boys: Neven - 🏆 1st Tryg- 🏆 3rd Santiago - 7th
11-12 Girls: Natalie - 🏆 2nd Jazz - 8th
12-13 Boys: Iker - 4th

SATURDAY PM RESULTS - Session 3

200 BACK:

10&U Girls: Berlin - 🏆 2nd
11&U Boys: Neven - 🏆 1st
12-13 Boys: Clark - 5th

50 FREE:

11-12 Girls: Natalie - 🏆 3rd
11&U Boys: Tryg - 🏆 1st
12-13 Boys: Iker - 🏆 2nd
13&O Boys: Inigo - 🏆 1st Tommy - 🏆 3rd

200 BREAST:

13&O Girls: Jane - 🏆 1st
11-12 Boys: Tryg - 🏆 3rd
12-13 Boys: Iker - 🏆 1st
14&O Boys: Tommy - 4th

800 FREE:

11-12 Girls: Jazz - 6th



200 Medley Relay:

10&U Girls: A (Berlin, Amanda, Charlotte Z, Claire) - 🏆 3rd
11-12 Girls: A (Natalie, Berlin, Jazz, Charlotte Z) - 6th
11&U Boys: A (Alvin, Tryg, Neven, Josh) - 🏆 2nd
12-13 Boys: A (Clark, Neven, Iker, Tryg) - 🏆 3rd

SUNDAY AM RESULTS – Session 4

200 Mixed Medley Relay:

11&U: A (Jazz, Tryg, Neven, Charlotte Z) - 🏆 3rd
12-13: A (Natalie, Clark, Iker, Jazz) - 4th
14&O: A (Inigo, Jane, Ariel, Tommy) - 🏆 3rd

100 BREAST:

10&U Girls: Berlin - 5th Charlotte - 8th
13&O Girls: Jane - 8th
11&U Boys: Tryg - 🏆 2nd Alvin - 6th Jacob - 9th
14&O Boys: Tommy - 6th

200 FREE:

10&U Girls: Charlotte Z - 7th
11-12 Girls: Natalie - 🏆 3rd
11&U Boys: Neven - 🏆 3rd Ferran - 9th
12-13 Boys: Iker - 🏆 2nd Clark - 9th
14&O Boys: Inigo - 🏆 1st Tommy - 7th

50 FLY:

10&U Girls: Charlotte Z - 9th
11-12 Girls: Natalie - 9th
11&U Boys: Neven - 🏆 2nd Tryg - 4th Alvin - 10th
12-13 Boys: Iker - 🏆 2nd

400 IM: (The Decathlon of Swimming!)

14&O Boys: Inigo - 🏆 1st

Congratulations to new ManSask qualifier Neven Le who posted a qualifying time in 50 back at the Junior Provincials.



March Meets

ManSask Winter LC Provincial Championships

Thursday, March 7 - Sunday, March 10, 2024

Shaw Centre Saskatoon

Bus leaves Lawson Thursday 1PM

Hotel: Hampton Inn Airport

Chaperones: Julia Dickinson and Kathleen Eisler

33 swimmers attending, up from 24 last year!



Speedo Western Canadian Championships

Thursday, March 21 – Sunday, March 24, 2024

PanAm Pool, Winnipeg

Self Travel

Hotel: Days Inn Airport w/kitchenettes (please confirm if hotel is required)

Chaperone: Mike Harlos (will be able to drive some swimmers)



April Meet

Marlins Spring Ice Breaker

April 6-7, 2024

Swift Current Aquatic Centre

Prospect and Junior Provincial signed up

Swimmers in Intro to Competitive are encouraged to sign up

Last chance for qualifying times for Sask Summer Games

Deadline to sign up or decline – March 17

Bus travel: depart Lawson 1PM Saturday, return Sunday afternoon

There is room for parents on the bus, please make note in your sign up

Hotel: Home Inn & Suites

Chaperone: Sanela Begic Le

[Upcoming Events](#)

Lysports Team Store

Order your swim equipment and team gear from Lysports (swim parkas and backpacks available with RODS logo). This link is also on the website under the SWIMMERS tab.

<https://www.lysports.com/team/regina-optimist-dolphins/>



Head to Head



As part of Head to Head, each of our swimmers will receive **5 one-pagers** that include **tips and strategies** around a given topic, a video from one of our Olympian mentors, and a small **workbook** related to the topic aimed to help swimmers work through the content individually. These 5 one-pagers will come approximately **every 2 weeks** to ensure that swimmers get the maximum takeaway from each of our **3 in-person sessions** and **2 virtual sessions**.

Please see the following the one-pager for **Managing Nerves** which contains links to the relevant **video** and the **workbook**.

MANAGING NERVES

Everyone feels, and manages nerves differently. The key to remember is that EVERYONE feels nervous sometimes. When we try new things, when we want to make people proud, and when we are afraid to fail, we all get nervous!

The first step in helping to manage nerves is to become aware, and notice how you are feeling in those moments. When you build awareness, you can make a conscious decision about what your next step will be to calm your nerves. Remember to focus on things that are in your control!

Routines, that are adaptable, are a great way to manage nerves and focus on the important steps you need to take in your final preparation.

- Have a pre-performance routine that you are comfortable with and practice it throughout training
- Make sure you are adaptable because sometimes things come up and you must change your routine, and that's okay!
- Get an adequate amount of quality sleep
- Eat specific foods that you know sit well in your tummy, especially in high stress times
- Talk to teammates and coaches to help build up your confidence
- Play a game to keep your mind busy if that helps you
 - ex: puzzle, Sudoku

Michelle Toro is an **Olympic Medallist from the 2016 Rio Games** in the 4X 100 metre Freestyle relay. Check out the [video](#) below, where Michelle shares different strategies she used to help manage her nerves before competing.



Here is your Managing Nerves [Self Reflection Workbook](#). Use the tips and insights that Michelle provided in her video to help you complete it! Consider how you can use these strategies to manage feelings of nervousness that you have.

Team Gear

We have embroidered team toques available in the office for \$20

New team shirts are on order and should be available in all sizes soon.

Happy Birthday

Happy Birthday to Claire N, Natalie P, and
Amanda S



Fundraising

New March bingos will be posted and released for sign up February 28 at 9PM.

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

We're excited to announce we will have ticket sales for a spring fundraiser coming soon with a \$1000 prize package from Temple Gardens Hotel and Spa.

<https://templegardenshotel.com/>



Contact Us

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