

Upcoming Events

Western Transmountain
Festival, Calgary
February 17-18

ManSask LC Provincial
Championships
Saskatoon
March 2-5

Saskatchewan Junior
Provincials
Moose Jaw
March 17-19

Regina Optimist Dolphin Swim Team

Weekly Newsletter February 7, 2023

Al Anderson's Winter Classic

Congratulations to all the swimmers this past weekend. We had some fantastic swims as we move into championship season. Thank you to our chaperones Kathleen Eisler and Jaylene Hansen for all the work they did this weekend, Sandi Olfert for being a starter at the meet, and all the parents that came out to support. Also a big thank you to the Coaches Homie, Mitchell, Breanna and Caitlin for staying engaged and supporting our swimmers through those long sessions.

Some highlights from this weekend:

Isabelle Carleton: First ever AA standard in the 1500 FR

Macy Harlos: CJC standard in the 1500 FR

Ava Harlos: Western standard in the 1500 FR

Annabel Kolman: Western standard in the 200 IM, 200 FL, and 50 BK

Chloe Hegi: Western standard in the 100 FR

Alex Olfert: Western standard in the 50 BK

Again congratulations to everyone and lets get ready for a busy period and fast racing.

Western Transmountain Festival

Western Transmountain Festival in Calgary will be held at the new Brookfield YMCA February 17-18 followed by a training camp February 19-22. This will be a van transport leaving Thursday February 16 and returning February 23. The hotel is Marriott Residence Inn Calgary South with hot breakfast included and in-suite kitchens.

ManSask LC Provincial Championships

ManSask winter championships is coming up March 2-5 in Saskatoon. Decline deadline is February 13.



Saskatchewan Junior Provincials

The Saskatchewan A Provincials and Junior cup will be held March 17-19 in Moose Jaw SK. This is a self-drive meet. All Qualified swimmers in prospect and junior are signed up. Decline date is **February 8**.

All swimmers in *Intro to Competitive* are encouraged to sign up. Due to the limited entry our sign up date is **February 8**. You can also email the office to sign up. This is a meet to definitely attend if possible. Medals and ribbons will be awarded. "A times" are only required for 11 and over females and 12 and over males. 10 and under swimmers must have previously attended a meet.

[Time Standards — Swim Saskatchewan](#)

Happy Birthday

Happy Birthday to Samantha R,
Sophia K, and Ben S

A poster for "WINTER 2023 VIRTUAL OFFICIALS CLINICS". The background shows a swimmer in a pool with a "DAKTRONICS" sign. The text lists various clinics and their dates:

STROKE AND TURN
JAN 8 - 9 AM - NOON
JAN 31 - 6:30 - 9:30 PM
MARCH 9 - 6:00 - 9:00 PM

CFJ/CJE/RS
JAN 31 - 5:30 - 9:30 PM
MARCH 9 - 5:30 - 9:30 PM

STARTER
JAN 11 - 7:00 - 9:00 PM

MEET MANAGER
FEB 26 - 9:00 AM. -1:00 PM

A red button with a white hand cursor icon says "SIGN UP NOW". At the bottom left is the SK logo (Saskatchewan logo with a red maple leaf). At the bottom right is the hashtag "#BETTERLIVESTHROUGHSWIMMING".

Swimmer of the Month

Intro to Competitive

Coach: Jordan Rodgers

Congratulations Collins! (Lawson Intro)



Congratulations Emmy! (University Intro)



Junior
Coach: Breanna Foster

Congratulations Owen!



Junior Advanced
Coach: Mitchell Hebert

Congratulations Soren!



Elite
Coach: Craig Nieuwstad

Congratulations Sadie!



Team Sask NAIG Swim Team.

Congratulations to Cashis Taypotat on her selection to the Team Sask NAIG Swim Team. She will compete in Halifax July 2023.



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 **March 27**. All Dolphin and Cougars families are invited to sign up.

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



FERSTERS MARKET

“FRESH OFF THE TREE”

CITRUS FUNDRAISER

Navel oranges and pink grapefruit fresh off the tree. The apples they delivered in the fall were really fantastic, looking forward to this shipment coming up from California.

Orders are due in by **February 14** and delivery is in March. See the following order form.

REGINA OPTIMIST DOLPHINS

"FRESH OFF THE TREE" CITRUS FUNDRAISER

Citrus: Navel Oranges / Pink Grapefruit

Seller:

Order Deadline:

Shelf Life: 4-6 Weeks Shelf Life

Location: TBD

Supplier:  **FERSTERS MARKET**

Delivery: March

Count per Box: Oranges (44) / Grapefruit (20)

Customer	Phone	\$50/box Navel Oranges	\$55/box Pink Grapefruit	Notes	Order Total (\$)

	Navel Oranges	Pink Grapefruit	
BOX TOTALS			ALL ORDERS COMBINED \$

Need customer ideas?
Aunts, uncles, grandparents, family friends, neighbours, people your family does business with, co-workers

Regina Masters Swim Club Invitational

Call for Officials

We are looking for officials for our Regina Masters Swim Club Invitational Swim Meet on March 25, 2023.

There will be 2 sessions.....that means 2 opportunities to get some official cards signed off for those that just completed some officials training 😊

Session 1:starts at 0745 with an officials briefing at 0800

Session 2:starts at 1200 with an officials briefing at 1215

This year we are back to requiring **ALL** positions filled, which differs from when we ran the meet during/around COVID.

Some of the positions are: Starter, Clerk of Course, Stroke Judges, Turn Judges, Chief Timer, Timers, Inspector of Turns, Runners, Food Services etc.

If you are available to help could you please email **BOTH** Doug (douglas.farenick@gmail.com) and Sarah (ericksonrea@hotmail.com) in your email please include the following:

1. Position you are volunteering for
2. Session you are volunteering for, if you will be volunteering for both sessions please indicate that in the email
3. If you will be seeking an officials certification card sign off (this will help our refs keep track).

Thank you,

Sarah Erickson and Doug Farenick (Meet Manager and Officials Chairperson)

Equipment Bags

Anyone who doesn't have an equipment bag yet or needs a new one, you can pick up at the office only \$10



Lawson Access Cards

Anyone who doesn't have an access card yet or needs a new one, you can pick up at the office. These need to be scanned every time you enter the pool.

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

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect