

Upcoming Events

Black and Green #2
February 9

Head to Head
Virtual with Yuri Kisil
February 20

Junior Provincials
Moose Jaw
February 23-25

Regina Optimist Dolphin Swim Team

Weekly Newsletter February 7, 2024

Swimmers of the Month for January

Intro Silver RODS
Congratulations Cohen



Intro Gold RODS
Congratulations Bruno



Intro Silver Cougars
Congratulations Charlotte K



Intro Gold Cougars
Congratulations Claire



Recreational
Congratulations Funke



Prospect Silver
Congratulations Vishi



Prospect Gold
Congratulations Charlotte Z



Junior Provincial
Congratulations Taylah



Junior National
Congratulations Inigo



Elite
Congratulations Soren



New AA ManSask qualifiers at Goldfins Winter Classic and Edmonton Open

Congratulations **Adalbert** qualifying in the 50 free



Congratulations **Eve** qualifying in the 50 back



Congratulations **Clark** qualifying in the 50 free



Black and Green Meet #2

Friday, February 9, 2024

4:30-6:30 PM

University of Regina

Groups: Junior, Prospect, Recreational, Intro

Coaches Rick, Jordan and Olena will host the second Black and Green meet of the season for all swimmers in **Intro, Recreational, Prospect and Junior**. Any Intro Silver RODS (Lawson) who have not signed up yet please do ASAP.

4:30 - 4:45 PM: Activation

4:45 - 5:15 PM: Warm - Up

5:15 - 5:25 PM: Whistle Protocols

5:30 - 6:30 PM: Races

[Team Events](#)

Happy Birthday

Happy Birthday to Samantha, Peyton, Sophia K, Nelson, and Ben S



Head to Head



The next Head to Head is a virtual session with Yuri Kisil

All team swimmers Intro to Competitive through to Elite are invited to attend.

Tuesday, February 20 - 730-830PM

Virtual meeting details TBA.

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/>

An advertisement for the Regina Optimist Dolphins Swim Team. On the left, a group of seven swimmers (men, women, and children) are posed in their team gear. Above them is the team logo: a green dolphin silhouette above the text "REGINA OPTIMIST DOLPHINS SWIM TEAM". On the right, a light blue background contains the text "REGINA OPTIMIST DOLPHINS" in large, bold, dark green letters. Below this, a dark green box contains the code "RODS2023" in white. Underneath, it says "Use code to save an additional 2% AND earn a 5% kickback for your team." At the bottom right is the Lysports logo, which consists of a stylized "L" icon followed by the text "LY SPORTS".

Team Gear

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

We will be able to place a second order for team jackets for anyone who missed ordering before Christmas. The jackets are \$90 includes embroidered team logo and last name heatpressed in green on the lower back.



Citrus Fundraiser



Order your cases of California oranges or grapefruit fresh off the tree and earn fundraising money to your account (\$9.35 per case sold) Order form is attached. Please have your orders returned to the office by **February 15**.

Delivery will be in March, date TBA.

Ovesh Purahoo competing at World Aquatic Championships

<https://regina.ctvnews.ca/u-of-r-swimmer-heading-to-world-aquatics-championships-1.6758720>

REGINA | News

U of R swimmer heading to World Aquatics Championships



March Meets

ManSask Winter LC Provincial Championships

Thursday, March 7 - Sunday, March 10, 2024

Shaw Centre Saskatoon

AA qualifying time required

Bus travel

Hotel: Hampton Inn Airport (group block Dolphins)

Chaperones: Julia Dickinson and another chaperone needed



LASC Pronghorn Classic

Friday, March 15 - Sunday, March 17, 2024

Max Bell Aquatic Centre, University of Lethbridge



Swimmers not attending ManSask – Junior and Prospect signed up

Intro swimmers are encouraged to sign up.

Bus travel

Hotel: Ramada by Wyndham

Chaperones: needed

Medals and ribbons to be awarded. Short-course prelims, long-course finals.

[Team Events](#)

Chaperones Needed

Chaperones are needed for upcoming travel meets. Chaperoning is a great way to support our swimmers. You get free travel, hotel and meals for the weekend as well your swimmer receives a 50% discount in meet fees. A current CRC/VSS is required. Please contact the office for more information.

ManSask, Saskatoon – March 7-10

Pronghorn Classic, Lethbridge – March 15-17

Marlins Spring Meet in Swift, Swift Current – April 6-7

CSI, Calgary – May 30 – June 2

February Break

With Junior Provincials at the end of the week as well as other upcoming meets to prepare for, it will be regular training during the February break.

There is no training on Family Day, February 19.

Contact Us

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Office Hours at the Lawson
Monday-Thursday 4-6PM

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Pride, Discipline, Loyalty, Commitment and Respect

