### **Upcoming Events**

Black and Green #2 February 9

Head to Head
Virtual with Yuri Kisi
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/



### 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.

# REGINA OPTIMIST DOLPHINS SWIM TEAM "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<br>Navel Oranges | \$55/box<br>Pink Grapefruit | Notes | Order<br>Total (\$) |
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### BOX TOTALS ALL ORDERS COMBINED \$

**Navel Oranges** 

**Pink Grapefruit** 

#### **Need customer ideas?**

Aunts, uncles, grandparents, family friends, neighbours, people your family does business with, co-workers

## 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)

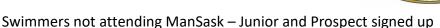
Chaperones: Julia Dickinson and another chaperone needed



#### **LASC Pronghorn Classic**

Friday, March 15 - Sunday, March 17, 2024





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**

Regina Optimist Dolphins Swim Team

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www.reginadolphins.com

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

### Thank you to our Sponsors













































Pride, Discipline, Loyalty, Commitment and Respect