

## Upcoming Events

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Edmonton Open

Edmonton

February 1-4

Goldfins Classic

Saskatoon

February 2-4

Black and Green #2

February 9

Junior Provincials

Moose Jaw

February 23-25

# Regina Optimist Dolphin Swim Team

## Weekly Newsletter January 26, 2024

### Winter Classic

The 2024 Winter Classic was a great meet, with 65 RODS participating! This is the first Long Course meet of the season, which for our senior swimmers means the first opportunity to post qualifying times for National meets like Westerns, Nationals, and Olympic Trials. For every swimmer, it's a great chance to try something new and swim in an Olympic-length pool (some for the first time!).

The RODS had 26 swimmers that finished in the Top 3 in their age group.

#### Standards

Congratulations to **Jazz Kotia** for getting her ManSask AA time with a 35.45 LC 50m Freestyle! That beats her short course time of 36.05 set at the RODS Winter Solstice in December.



#### Races

Without a doubt, one of the best races of the weekend was the epic showdown between Prospect's **Neven Le** and Daniel Fang from Flatland in the 200m Freestyle. Neven made a valiant charge on the final 50, splitting 38, 44, 46, and a blistering 41 to make it a super close race - less than a quarter of a second! Neven also dropped almost 13 full seconds off of his previous time of 3:03.51.

The biggest percent improvement came from **Natalie Pelzer**, who improved from 1:52.56 to a 1:27.58 in her 100m Backstroke! Great job Natalie. Honourable mention goes to **Santiago Lam**, who had second-most improvement with his 50m Backstroke dropping from 1:06.67 to a 52.32. Great effort leads to great improvement and eventually great results!

Finally, another awesome swim was an amazing 50 Fly by **Taylah Fisher**, slicing almost 2 and a half seconds off of her previous best time to rank 3rd in the country so far this season for 11 year olds! Great job everyone on their amazing effort this weekend.

Baylee Munro, ChPC  
Head Coach & General Manager  
Regina Optimist Dolphins Swim Team



A note from Orenda Pelzer, our Officials Co-ordinator.

Thank you to all of the parents who helped out with the Regina Winter Classic Swim Meet, making it a big success! It was great to see so many of our parents on deck. We had parents working as officials for the first time as well as parents working in new positions on deck. It is because of you that our kids were all able to compete. Thank you for your dedication to the sport of swimming. Congratulations to our newest Level II Official, **Ian Currie**, who achieved his Level II status this past weekend. We look forward to seeing everyone out on the pool deck again in May for the Michelle Moore Swim Meet.

Thank you meet sponsor PSMI – Prairie Skies Medical Imaging



## Updated Team Calendar

The updated calendar is posted to the website under the SWIMMERS tab.

[Team Calendar](#)

## 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. Dolphin level swimmers are invited. Please be on deck by 4:30PM.

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

## February Swim Meets

Edmonton Open long-course meet is February 1-4. The bus will leave from the Lawson at 9AM, Thursday February 1. Thanks to chaperones Jaylene Hansen and Jaclyn Tan.

Goldfins Winter Classic in Saskatoon is February 2-4. The bus will leave from the Lawson at 12 noon, Friday, February 2. Thanks to chaperones Sanela Begic Le and Kathleen Eisler.

## Junior Provincials

Sign up is open for sign-ups on the events page for the 2024 Short-Course Junior Provincials in Moose Jaw February 23-25. With limited entries available please sign up now. Junior Provincial team shirts will be ordered next week.

## [Team Events Page](#)

## 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.

## Happy Birthday

Happy Birthday to Ava H Tryg H



## Citrus Fundraiser



We're happy to be bringing the Citrus Fundraiser back this winter. Order 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.

## Head to Head



OLYMPIAN LED MENTORSHIP  
PROGRAMS  
2023/2024

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.



# Contact Us

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

## Thank you to our Sponsors



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*Pride, Discipline, Loyalty, Commitment and Respect*

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