

Upcoming Events

Summer Technical and
Fitness Camps

U of R pool

Regina Optimist Dolphin Swim Team

Weekly Newsletter, July 14, 2022

Summer Technical and Fitness Camps

Sign up on the website (learn to swim registration tab) for summer technical and fitness camps in July. Open to pre-competitive, prospect and junior swimmers. Work on your technique and stay fit over the summer.

[Regina Dolphins Swim Team - Lesson Registration \(teamunify.com\)](https://www.teamunify.com/Regina-Dolphins-Swim-Team-Lesson-Registration)



REGINA OPTIMIST DOLPHINS SWIM TEAM

SUMMER TECHNICAL & FITNESS CAMPS

Venue: University of Regina
Time: 5:30 - 6:30 PM
Days: Monday, Tuesday & Thursdays

Week 1: 11 July - 14 July
- Freestyle, Backstroke & Closed Turns

Week 2: 18 July - 21 July
- Breaststroke, Butterfly & Open Turns

Week 3: 25 July - 28 July
- Individual Medley & Starts

Visit: www.reginadolphins.com or
email: office@reginadolphins.com for more information



2022-23 Team Registration

Team registration for next season opens July 15. Information regarding the schedules, groups, season and calendar will be found on the team registration page. Great news! We have been able to maintain the training fee amounts again for next season. We have made a change to how the fundraising fees are set up. Instead of tallying up fundraising throughout the year and calculating everything at the end of the season, your fundraising commitment is already added to your monthly fee and as you earn fundraising dollars they will be applied to your account throughout the season. There will be lots of fundraising opportunities next season and members can participate as much or as little as they like.

Annual membership fees that are paid in full by July 30th receive a 5% discount. Families with multiple swimmers receive discounts as well. Two swimmers 5% discount, 3 swimmers 7.5% discount, and 4 swimmers 10% discount on fees.

All accounts require a valid credit card on file. Monthly fees can either be charged to the credit card or payment can be sent by etransfer to payment@reginadolphins.com or a cheque dropped off to the office by the 25th of the month.

You will notice some new team gear that can only be ordered at the start of the season. We will be making one order for team suits and personalized caps in September. Also we can only order if we have the required minimum.

As we have not ordered either of these items for a few years everyone should consider ordering them with registration. All swimmers are strongly encouraged to get a team suit to wear to competitions to show our strong team spirit in the warm ups. These are also great suits to wear to every day practice.

Women's swimsuit - Sport Back

Size guide

Calculate My Size

Size Chart

CM

INCHES



INCHES

SIZE	22	24	26	28	30	32	34	36	38
CHEST	20 - 22	22 - 24	24 - 26	26 - 28	28 - 30	30 - 32	32 - 34	34 - 36	36 - 38
HIP	24 - 26	26 - 28	28 - 30	30 - 32	32 - 34	34 - 36	36 - 38	38 - 40	40 - 42

Men's Jammer Swimsuit

Size guide

CM

INCHES



SIZE	20	22	24	26	28	30	32	34	36
CHEST	29	31	33	35	37	38	40	42	44
WAIST	23	25	27	29	31	32	34	36	38
HIP	27	29	31	33	35	36	38	40	42

Black Brief

Size guide

CM

INCHES



SIZE	20	22	24	26	28	30	32	34	36
CHEST	29	31	33	35	37	38	40	42	44
WAIST	23	25	27	29	31	32	34	36	38
HIP	27	29	31	33	35	36	38	40	42

As always, team t shirts and caps can be ordered with registration and are available throughout the season if needed.

Fall 2022 Junior Dolphins/Junior Cougars Lessons Registration

Lessons registration for the fall session opens July 30.

ManSask Summer Championships



Thirty-four swimmers attended the 2022 ManSask Summer Long Course provincial championships in Saskatoon. There were so many best times, and finals and the team spirit was second to none. Our list of medal winners is something to be proud of.

1500 FR

🥇: Taylor Hebert & Ben Stewart

100 Fly

Girls 12 & U: Isla Hansen 🥈

Girls 13-14: Sadie Anderson 🥈, Macy Harlos 🥉

Boys 16 & O A final: Noah Wagner 🥈

200 BR:

Boys 13 & U: Joshua Austin-Koyl 🥈

Boys 16 & O: BES Rexha 🥉

50 FR:

Girls 12 & U: Cashis Taypotat 🥈

Girls 13-14: Chloe Hegi 🥈

Boys 16 & O: Ovesh Purahoo 🥈

100 BK:

Girls 12 & U: Cashis Taypotat 🥈

Girls 15 & O A final: Melissa Adelman 🥈 Taylor Hebert 🥉

Boys 16 & O A final: Noah Wagner 🥈

400 FR:

Girls 13-14: Macy Harlos 🥈

Boys 16 & O: Matthew Syrgiannis 🥈

4x50 FR Relay:

Girls 12 & U: 🏆

Boys 13 & U: 🏆

Girls 13-14: 🏆

Boys 16 & O: 🏆 + Unofficial Provincial Record



200 Fly:

Girls 13-14: Sadie Anderson 🏆

Girls 15 & O: Annabel Kolman 🏆

Boys 16 & O A final: Noah Wagner 🏆

100 FR:

Boys 16 & O: Mitchell Brough 🏆, Ovesh Purahoo 🏆

200 BK:

Girls 12 & U: Cashis Taypotat 🏆

Girls 13-14: Macy Harlos 🏆

Girls 15 & O: Taylor Hebert 🏆

Boys 16 & O: Matthew Syrgiannis 🏆

200 IM:

Girls 12 & U: Cashis Taypotat 🏆

Boys 16 & O A final: Matthew Syrgiannis 🏆, BES Rexha 🏆

4x50 Medley Relay:

Girls 12 & U: 🏆

Boys 13 & U: 🏆

Girls 13-14: 🏆

Boys 16 & O: 🏆 + Unofficial Provincial Record



50 Fly:

Girls 13-14: Sadie Anderson: 🏆

Boys 16 & O A final: Mitchell Brough 🏆

200 FR:

Girls 12 & U: Cashis Taypotat 🏆

Boys 16 & O: Ben Stewart 🏆

50 BK:

Girls 12 & U: Cashis Taypotat 🏆, Jasmine Rogoza 🏆

Girls 13-14: Chloe Hegi 🏆

Girls 15 & O: Melissa Adelman 🏆

Boys 16 & O: Mitchell Brough 🏆

100 BR:

Boys 13 & U: Joshua Austin-Koyl 🏆

400 IM:

Girls 13-14: Macy Harlos 🏆

Girls 15 & O: Annabel Kolman 🏆

Boys 16 & O: Matthew Syrgiannis 🏆, Benjamin Stewart 🏆, BES Rexha 🏆



ManSask Awards

Congratulations to girls 12 and under high point winner
Cashis Taypotat!



Congratulations to girls 13-14 high point winner
Sadie Anderson!



Congratulations to boys 16 and over high point winner
Matthew Syrgiannis!



Fundraising

Please go to our events page to sign up for **Bingo shifts** and **Rider games**. This is a great way to meet other parents and earn money towards your fundraising commitment. 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 are currently available through to July 30 and Rider games are available the whole season through to Grey Cup.

Also Queen City Exhibition clean-up dates will be posted soon for Wednesday, August 3rd through to Sunday, August 7th. Volunteers will earn approximately \$22/hour for emptying garbage cans and collecting recycling.

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

[Regina Optimist Dolphins - Fundraising Opportunities \(teamunify.com\)](https://www.teamunify.com/Regina-Optimist-Dolphins-Fundraising-Opportunities)

Canada Summer Games

Meet our Canada Summer Games Athletes:
Highlighted in Week 5 –



Nickname:

None

Favourite Stroke:

Butterfly

Favourite Race:

400 IM

Favourite Food:

Pasta with an abnormal amount of Parmesan 🍝

Favourite song to listen to before a race:

Thunderstruck - AC/DC

Favourite Show/Movie:

Avatar

Fun Fact About Me:

Expert Rubiks cube solver

What would my super power be:

Tech Genius

Goal at Canada Games:

Make Finals



Coach Craig speaks regarding the new City of Regina Aquatic Facility

Good Morning, Executive Council Members

Thank you for affording me the opportunity to speak to you on the topic of a new aquatic facility for the City of Regina. My name is Craig Nieuwstad and I am the current Head Coach of the Regina Optimist Dolphins Swim Team and University of Regina Cougars Swim Team.

I am very excited that the council and city have identified the need for a new aquatic facility. The Lawson has served the City of Regina well, however over the past years we have observed that the need by the community has grown. Members of the public (recreational & leisure swim), city programs, school visitations, and user groups are all vying for space and the Lawsons ability to accommodate this cannot be sustained.

From a user group perspective, Aquatic sports popularity is on the rise with recent successes at National levels. The user groups and I am sure the city programs too, are all turning away potential participants, because we are full due to the lack of pool time and in some cases losing pool time.

The lack of space is not the only problem, infrastructure has also become an issue. I will just bring up two recent examples to highlight this. The first a planned power outage on the 1st of June which was supposed to last 4 hours but the Lawson was only able to open 36 hours later and two weeks ago a power outage every day. This is not sustainable long term with the ever-growing need of the pool, and disrupts the entire aquatic community.

The new facility is an opportunity for Regina become an aquatic destination for Western Canada.


Just taking the perspective of competitive swimming. Since the Shaw Centre was built in Saskatoon their swim numbers increased enormously. A new facility can help grow our numbers in Regina and the surrounding communities. These might be user group members now, but swimming is a life long sport and our members can become the City's future recreational base and future revenue.

The new facility would also allow us to bring in National competitions. We could host Senior / Junior Nationals, Western Nationals, Canada West and Usport. These events can bring in up to 500 – 600 participants to the city, which does not include their families, support staff, etc. The economic impact for our hospitality businesses could be huge. This would just be from the competitive swimming side, and does not include the other aquatic sports.

That being said, a big mistake that needs to be avoided is not just building 1 pool again. This would just be moving one problem to the new facility. A facility with two 50m pool, or one 50m pool with a 25m diving tank, would allow for more space to be used if an event was being hosted by other user groups and public.

I have few words from swimmers in our club that I would like to share with you.

"I love swimming because it gives me a chance to be competitive. My teammates and coaches are also another reason I love swimming. They have turned into my best friends and some of the most important people in my life. It also shows me what it means and feels like to be a part of a team. A new facility wouldn't only benefit my team. It would provide more space for all the swim teams in Regina as well as synchro swimmers, water polo players, divers, public swimmers and any other people who enjoy spending time at



the pool. Between all of us, a bigger facility would provide us all with more pool time and new pool space. It would also give us a chance to hopefully host more swim meets and bring in swimmers and swim teams from different places. “ – Sadie Anderson (reperesenting Team Sask at Canada Games).

Again, there are many advantages to a new facility outside of the user groups. I hope that you can see the benefit from just one user group could do with a new facility and how it can benefit the city.

I thank you all again for taking the time to listen to me today and thank you for all you do with the city and thank you for giving us the opportunity to train for Olympic trials through Covid.

Contact Us

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Office Hours at the Lawson

Monday-Thursday 4-6PM

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