

Upcoming Events

Mike Mintenko Outdoor
Summerfest, Moose Jaw

June 17-18

End of Season Party

June 28

Regina Optimist Dolphin Swim Team

Weekly Newsletter June 17, 2023

SAGM

Thank you everyone who attended our important SAGM. For those unable to attend following are some details from our President.

Hello RODS!

Thank you to all of those who attended our SAGM last night. We had a very full meeting with meaningful discussion and ample support. We are very excited to welcome **Baylee Munro as our incoming Head Coach and General Manager**. If you were unable to attend, it is important for you to go to [THIS LINK](#) and read the documents. Of particular interest should be the updated policies contained in our handbook and the new policies around home meets. All changes were unanimously accepted by those in attendance and therefore the handbook will be moved to a final version and posted on our website.

Some important highlights: (please see the handbook for specifics!)

- We are doing away with the volunteer bond and are instead building in some incentives & participation expectations
- We will be offering a 5% discount on swim fees to those families who have a swimmer who coaches in our JD program
- We will be offering a 50% discount on meet fees for those who chaperone
- We will be offering a 50% discount on meet fees for those with level 2 training who work our meets
- We will be including the timer & safety marshal official training as a requirement for registration
- We will be requiring 1 volunteer from each family in the competitive program to work at our home meets in order for swimmers to participate

We are excited to share the following dates for our **2023-2024 Home Meets**:

- ✓ Winter Solstice December 9-10, 2023
- ✓ Winter Classic January 19-21, 2024
- ✓ Michelle Moore Invitational May 10-12, 2024
- ✓ ManSask July 4-7, 2024

Please mark your calendars with these dates now to ensure your availability! Registration for the 2023-2024 swim season will be available on August 1st, 2023. Please watch the newsletter for updates.

Erin
RODS President



HEAD COACH ANNOUNCEMENT



Baylee Munro is one of Canada's top up-and-coming coaches. Entering his 10th season of coaching, Baylee brings a strong collection of skills and experience to the RODS & Cougars.

Baylee comes to us from the Olympian Swim Club, where he was the primary coach of swimmers competing at the Canadian Trials, Nationals, Westerns, and Canada Games level. He also has experience in assisting swimmers in their preparation for meets like the 2022 Junior Pan Pacific Championships, and the 2019 Parapan American Games.

As a UBC Master's student in High Performance Coaching and Technical Leadership, Baylee's research has included topics such as elite breaststroke, speed development, and developing athletes to world-class potential. He was also awarded a one-per-cohort scholarship for outstanding academic achievement in his work at UBC.

Baylee's professional development includes his NCCP Swimming 301 / Senior Coach Certified status, and he is currently completing his Advanced Coaching Diploma. He also has Chartered Professional Coach (ChPC) status with the Coaching Association of Canada.

Baylee has been a part of targeted mentorship groups such as the Swimming Canada Select Coaches Group, as well as the Swim Alberta Future Coaches Group. He has had the opportunity to coach at various development camps (both Provincial and NextGen / National) with his selected swimmers.

As an athlete, Baylee was a national finalist at the age group level, and swam for 5 years with the UVic Vikes while completing his Bachelor's degree in Computer Science and Business. As a 4-time Vikes Honour Roll recipient, Baylee understands how to maximize the potential of student-athletes both in and out of the pool. He is excited to help the RODS and Cougars continue to reach their potential.

Board of Directors for 2023-2024

Executive:

President: Sandi Olfert

Vice President: Shenda Stewart

Director of Finance: Kathleen Eisler

Director of Admin: Julia Dickinson

Past President: Erin Harlos

Director at Large Positions:

Director of Fundraising: Tracy Archer

Director of Technology & Swim Sask Liaison: Tyler Koyl

Director of Events & Sponsorship: Sanela Begic Le

Director of the Junior Dolphin Program: **vacant**

U of R Cougar Swim Team Liaison: Kirsten Brough & Andrea Axelson

If you are interested in a board position as Director of the JD Program please contact the office.

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 June 30.

Rider Game dates for the season have also been posted.

More information and sign up for Exhibition clean up August 2-6 will be coming in July.

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

Lululemon Summer Order

As requested, we are doing a summer order for Lululemon. Our team sales are HALF PRICE of retail although when we order only in-stock colours and sizes are shipped. Send in the form for any requested items and your account will only be charged for items they can supply.

One order is womens items and one is mens items, please order ASAP to for best selection of colours. We'll send an order in on Monday.

https://docs.google.com/forms/d/e/1FAIpQLSdagQADY7YHkXtgLUba00kY6KGIAfAPbjGqHoxKc2LaNEcWyA/viewform?usp=sf_link

https://docs.google.com/forms/d/e/1FAIpQLSevQXLS32hvc0bkHP7yD2awGGbPQhyNgNLMuzPYnyVHCFmZA/viewform?usp=sf_link



Let's gather as a team to celebrate the end of the swim season with the RODS Summer Social!

July 3rd from 5:00-9:00pm (come & go)

Browns Social House (East)

Veggie, Beef & Chicken Burger options with Fries or Salad
25\$/ticket

Swimmers traveling to San Francisco in July will be there selling 50/50's to help offset costs of their meet!

Tickets for swimmers to sell are available in the office. You can also book tickets on the events page.

Cost is 25\$/ ticket, with \$7.65 going straight to your swimmers account!

For every ticket you sell, your swimmer will be entered into a draw to win FREE registration for the 2023-2024 swim season!

Hot Dog Sales

Thanks to team sponsor Capital Auto Mall for hosting hot dog sales for our Far Westerns swimmers. Sign up is available for Far Westerns swimmers only, everyone please sign up for one shift. Dates are Saturday, July 15 and Saturday, July 22.

End of Season Party

The last day of the regular season for Recreational, Intro to Competitive, Prospect and Junior swimmers not attending ManSask is **Wednesday, June 28**. Be sure to attend for lots of fun and games, relays and pizza party to follow. **Please sign up on the events page** if you are planning to attend to help us in organizing the event.

<https://www.teamunify.com/team/canrodsc/page/events#/team-events/upcoming>

Summer Swim Camps

Summer swim camps are open for sign up on the events page. Camps will be open to Junior, Prospect and Intro to Competitive. The cost is \$120 per week or \$325 if you sign up for all three weeks. Monday through Friday 4:00-6:00PM.

Monday	Tuesday	Wednesday	Thursday	Friday
Freestyle Closed turns	Breaststroke Open turns	Backstroke Closed turns	Fly Open turns	IM

July 10-14 Lawson Aquatic

July 17-21 Lawson Aquatic

July 24-28 Wascana Outdoor Pool

REGINA OPTIMIST DOLPHINS SWIM TEAM

Summer Swim Camps
Monday through Friday
4:00-6:00PM

**Summer Camp
SWIMMING
PROGRAM** **ENROLL
NOW**

Open to Junior, Prospect and Intro to Competitive Groups
Team members sign up on the events page
Open to Dolphin Level swimmers
Registration on the lessons registration page

July 10-14 Lawson Aquatic
July 17-21 Lawson Aquatic
July 24-28 Wascana Outdoor Pool

www.ReginaDolphins.com
Email: office@reginadolphins.com

Regina Optimist Dolphins Swim Team
1717 Elphinstone Street
Lawson Aquatic Centre

FOR MORE INFO CALL :
306-586-3909

<https://www.teamunify.com/team/canrodsc/controller/cms/admin/index?team=canrodsc#/calendar-team-events>

Contact Us

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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