

## Upcoming Events

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Mike Mintenko Outdoor  
Summerfest

Moose Jaw SK

June 18-19

SAGM

Classroom 2

June 21 – 5:30PM

End of Season Party

June 24 – 4:00-5:30PM

ManSask Summer  
Championships

Saskatoon SK

July 7-10

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# Regina Optimist Dolphin Swim Team

Weekly Newsletter, June 17, 2022

## Mike Mintenko Outdoor Summerfest

This outdoor meet is always lots of fun. Be prepared for hot sun or rain. Bring lawn chairs, umbrellas for shade or rain, coolers of drinks and snacks, extra towels, hats, jackets, sunscreen.

**Mike Mintenko Summerfest – June 18th and 19th, 2022, Hosted by MJKFF. Phyllis Dewar Outdoor Pool, 163 Fairford St E, Moose Jaw**

Saturday (Green Shirt):

On Deck: 08:30 am

Activation: 08:40 am

Warm - Up: 09:00 am

Start: 10:00 am

There will be a lunch break on Saturday

Sunday (Black Shirt):

On Deck: 07:30 am

Activation: 07:40 am

Warm - Up: 08:00 am

Start: 09:00 am

MJKFF is also looking for volunteers at the meet for timers, inspector of turns, starter and clerk of course. Contact Dennarah if you can help

[mjkffofficials@gmail.com](mailto:mjkffofficials@gmail.com)

## ManSask Summer Championships

ManSask Summer Championships will be held in Saskatoon July 7-10. This is a bus travel meet and the hotel is Hampton Inn Saskatoon Airport. Deadline to decline is June 20. **We are still in need of chaperones for this trip.** Parents we need your help, please contact the office to offer your assistance and also earn your volunteer points before the end of the season.



## SAGM

**Date:** Tuesday, June 21st, 2022 @ 5:30pm

**Location:** Lawson Classroom 2, outdoor greenspace is booked for the swimmers!

The objectives of this meeting are as follows:

- Presentation of the operating budget for 2022-23 season.
- Adoption of any Handbook updates (including meet and fee surcharge updates) for 2022-2023
- Election of open Board positions for the 2022–2024 seasons (nominations are open for board positions)

**Please sign up on the events page if you are attending and also make note if your swimmer will be attending the after-practice activity outside.**

## 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. Bings are currently available through July 4 and Rider games are available the whole season through to Grey Cup.

[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)

## End of Season Wrap Up Party

**Date:** Friday, 24 June 2022

**Time:** 4:00 - 5:30 PM

**Groups:** Pre-Comp, Recreational, Prospect & Junior (not attending ManSask)

Come have fun and end off the season in style. We will have relays, Games, Pizza Party and celebrate a great first season back following Covid closures. **Please sign up on the events page if you will be attending.**

# Canada Summer Games

## Meet our Canada Summer Games Athletes: Highlighted in Week I – Sadie Anderson



**Nickname:**

Sad💕

**Favourite Stroke:**

Butterfly

**Favourite Race:**

100m & 50m Butterfly

**Favourite song to listen to before a race:**

Fireball - Pitbull

**Favourite Show/Movie:**

Greys Anatomy & The Notebook

**Fun Fact About Me:**

I was 6 when I first swam across the lake in the annual Regina Beach Lake Swim

**What would my super power be:**

Super Strength

**Goal at Canada Games:**

Make a final and earn a medal



Highlighted in Week 2 – Jada Dickinson



**Nickname:**

Jads

**Favourite Stroke:**

Freestyle

**Favourite Race:**

400 or 1500 Freestyle

**Favourite Food:**

Peanut butter & jam sandwiches

**Favourite song to listen to before a race:**

Stir Fry - The Migos

**Favourite Show/Movie:**

Sing 2

**Fun Fact About Me:**

I have 3 poodles 🐩🐩🐩

**What would my super power be:**

To read minds

**Goal at Canada Games:**

To make a final





# Contact Us

Regina Optimist Dolphins Swim Team

355-4246 Albert Street

Regina SK

S4S 3R9

306-586-3909

[office@reginadolphins.com](mailto:office@reginadolphins.com)

[www.reginadolphins.com](http://www.reginadolphins.com)

Office Hours at the Lawson

Monday-Thursday 4-6PM

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