

## Upcoming Events

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ManSask Summer  
Championships

Saskatoon SK

July 7-10

Summer Technical and  
Fitness Camps

U of R pool

# Regina Optimist Dolphin Swim Team

Weekly Newsletter, June 24, 2022

## Mike Mintenko Outdoor Summerfest



Last meet of the regular season was held outdoors at the Moose Jaw Phyllis Dewar pool. As always Saturday was extremely hot and sunny and Sunday was cold and rainy. A great time was had by all.

## SAGM

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

Click the above link to read Agenda and information from the SAGM. Copied here are the President's Report and Head Coach's Report.

We would like to introduce the new board for next season:

- **President:** Erin Harlos
- **Vice President:** Shenda Stewart
- **Director of Finance (Treasurer):** Kathleen Eisler
- **Secretary:** Natasha Kolman
- **Director of Fundraising:** Tracy Archer
- **Director of Admin:** Julia Dickinson
- **Directors at Large:** Amber Clark, Sandi Olfert, Tyler Koyl
- **Past President:** Jim Syrgiannis

Thank you to our outgoing board members, Andrea Axelson, Cindy Knudsen and Gabriel Becerra. Your hard work is much appreciated by the team!



## President's Report SAGM 2022-06-21

Welcome to the Regina Dolphins spring SAGM. It is with happiness and relief that we are able to meet again in person, at what appears to be the end of a challenging time swimming and living through a pandemic. The resilience our coaches, athletes, sponsors, board members, volunteers, parents and members have shown over the last two and a half years has been admirable.

The RODS have emerged stronger than ever under the leadership of head coach, Craig Nieuwstad. Our team is larger than it has been in a long time with 112 swimmers in our Junior Dolphin program and 93 athletes in Competitive swimming. We have a unified coaching staff who are working together on the daily in the best interests of our athletes. From athletes swimming personal bests at their first meets to those who traveled to Canadian Trials this year, the RODS athletes and coaches have represented our city and our team with honour and pride.

Our volunteers are what makes this team so successful. I would like to personally thank this year's Bingo & Rider game coordinator Scott Adelman for his endless hours organizing fundraising opportunities for our members. Thank you also to members of our fundraising subcommittee who worked with Andrea Axelson to provide additional fundraising for our team. Thank you to our team manager, Julia Dickenson whose leadership and organizational skills are unmatched. Our bookkeeper, Marlene Portras has been a tremendous asset as we continue to navigate the financial implications of the pandemic. Thank you to Ryan Clark who was our meet manager this year; what an exciting time to finally be able to host home swim meets! Thank you to our sponsors, who continued to give generously to our team during this economically challenging time.

I would like to thank the following outgoing board members for their tremendous contributions as we wish them farewell. Thank you to Gabriel Becerra who served as a Director at Large. Thank you Cindy Knudson who took on the role of treasurer; this position requires so much and we were so lucky to have you. Andrea Axelson was a member of the RODS board for almost a decade. She worked tirelessly to bring an optimistic lens to every meeting. Thank you for your tremendous contribution to the team.

Thank you to our current and returning board members: Julia Dickenson, Amber Clark, Shenda Stewart, Natasha Kolman and past president Jim Syrgiannis. Thank you to those of you who have put their names forward to help in the future. I have been very proud of the work our board has done this year.

Thank you once again to all of our staff, our members and our sponsors. Dolphin pride is alive and well; each and every one of you contribute to the well-being of this team with your commitment to our athletes and our vision. Here is to an even brighter 2022-2023 season!

Erin Harlos  
RODS President

**Head Coach Report**  
*SAGM 21 June 2022*

Dear Dolphin Families and Membership.

The past season has flown by. For those of you who do not know, this has been my first season as a Head Coach and our first full season back following the closures since March 2020. Besides the excitement of being in the water again, for both myself and the swimmers there were many questions, and many unknowns.

We adopted the theme of #progressnotperfection this past season, to remind ourselves that this season was just the start of a new journey. To remind us that failures would occur, mistakes would be made, and disappointments would happen. By grounding ourselves in our theme we could recalibrate and get back on our path and take one step at a time to reach our goals.

As this season progressed the swimmers rose above every obstacle that came their way. It has ended up being a very successful season with a lot of firsts and the team has progressed in more than just results in the pool.

Below are some of our highlights we have achieved this season in and out of the pool.

**Junior Dolphins / Cougars Learn to Swim:**

- Highest enrollment in many years (pre-covid).
- Restructured program
- Cougar lead

**Age Group Program:**

- Black & Green Meets
  - Cougar inspired
- New AA and A Qualifiers
- Ben Stewart selected for Paris and Beyond Camp
- Westerns Finalists.
- Trials Finalists.

- 8 Swimmers and 1 coach named to the Canada Games Team to represent Team Sask.
- Coach Craig selected to Swimming Canadas Select Coaches Program.
- Cashis Taypotat 50 BK 11-12 Provincial Record.

#### **Cougar Program:**

- For the first time we have recruits coming from other clubs within the City.
- All our graduating Dolphin swimmers will be swimming for the Cougars next season.
- Lead our Black and Green meets
- Kareem Tarek Mohammed and Taylor Hebert Sask Athletes of the Month.
- Kareem Tarek Mohammed, Taylor Hebert, and Mitchell Brough broke Team Records.
- Relay Provincial Records.
- Individual and Relay Medals at Canada West.
- Finalists at Usport, Trials and Westerns.

#### **Club:**

- Hosted two swim meets.
  - Future Stars Christmas Party
  - Michelle Moore
- For the first time hosted a tri-meet with Flatland and Marlins to give the swimmers an opportunity to swim when everything was getting cancelled.
- Hired an Administrative Assistant.
- Weekly Newsletter.

#### **Future Goals:**

- Expanding the Pre-Competitive Program to the U of R.
- Reintroduce our Gala and Georgina Swim Marathon.
- Hosting our three swim meets.
  - Future Stars Christmas Party
  - Optimist Cup
  - Michelle Moore
- Officially introduce The Anna Rondeau Swim Challenge.
- Build an alumni network for both the Dolphins and Cougar Programs.
- New facility

All these successes could not have been made possible without the entire Membership. Thank you to the parents for taking time out of your

schedules and volunteering at all our events. Thank you to the Board for your support and through my first season and all your hard work behind the scenes. To the coaches, Mitchell, Carmen, Etienne, Stacy, Breanna, Caitlin, Jordan, thank you for coming in an inspiring our swimmers every day. Thank you to Julia who took on the task of administrative assistant. She was a rock for me and the club this past season and I don't think words can sum up the appreciation I have. Lastly, thank you to the swimmers, without you I could not do what I love, this sport would not be the same without you.

I hope everyone has a great summer. We are looking forward to seeing everyone in the Fall. Group lists for next season will be sent out prior to the start of registration. We will also be hosting a 3-week summer camp, focusing on stroke technique, competitive starts, and competitive turns. Please contact [office@reginadolphins.com](mailto:office@reginadolphins.com) for more information and registration.

## Summer Technical and Fitness Camps

Sign up on the website for summer technical and fitness camps in July. Open to pre-competitive, prospect and junior swimmers.

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



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](http://www.reginadolphins.com) or  
email: [office@reginadolphins.com](mailto:office@reginadolphins.com) for more information

## 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. They are in need of officials if you are traveling up for the meet.

We are getting very excited about ManSask July 7-10 in Saskatoon. We are looking for officials who can assist with **Stroke and Turn** at all sessions. If you could put out a call to anyone from your club who may be able to officiate at any of the sessions below, it would be appreciated.

### Stroke and turn needed:

Session 1 - Thursday July 7 - 3:45 pm - 9:00 pm  
Session 2 - Friday July 8 - 7:15 am - 12:00 pm  
Session 3 - Friday July 8 - 3:45 pm - 9:00 pm  
Session 4 - Saturday July 9 - 7:15 am - 12:00 pm  
Session 5 - Saturday July 9 3:45 pm - 9:00 pm  
Session 6 - Sunday July 9 7:15 am - 12:00 pm  
Session 7 - Sunday July 9 3:45 pm - 8:00 pm

Please ask people to contact us at [officials@goldfins.ca](mailto:officials@goldfins.ca) and let us know what session(s) they are available to officiate (and what level of certification they have).

If you have other officials who would like to volunteer for other roles, we are happy to hear from them too!

See you in Saskatoon!

Tanya and Kelly  
Officials Directors, Saskatoon Goldfins

## 2022-23 Team Registration

Team registration for next season opens July 15.

## Fall 2022 Junior Dolphins/Junior Cougars Lessons Registration

Lessons registration for the fall session opens July 30.

## 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)

## Canada Summer Games

Meet our Canada Summer Games Athletes:  
Highlighted in Week 3 – Ava Harlos



**Nickname:**

My close friends call me Av. My coach calls me 🍷

**Favourite Stroke:**

Freestyle or Breaststroke

**Favourite Race:**

800 FR

**Favourite Food:**

Oatmeal & Chocolate Chip Cookies

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

Get Low - Lil Jon

**Favourite Show/Movie:**

The Notebook & Mamma Mia

**Fun Fact About Me:**

I ❤️ Wakeboarding and surfing behind a boat in the summer

**What would my super power be:**

Flying

**Goal at Canada Games:**

Win a medal





# Contact Us

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Office Hours at the Lawson

Monday-Thursday 4-6PM

## Thank you to our Sponsors



*Pride, Discipline, Loyalty, Commitment and Respect*