

Upcoming Events

March 17-20
ManSask Spring
Championship
Winnipeg

March 18
Black and Green Meet 3
University of Regina

April 9
Chinook Invitational
Swift Current

Regina Optimist Dolphin Swim Team

Weekly Newsletter, March 11, 2022


Medalists from Juniors:


Congratulations to all of our Swimmers who competed at Junior Provincials last weekend. You represented yourself, your teammates and the Dolphins like true Champions. Not only did our swimmers achieve many personal bests and medals but we also accumulated 919 points as a TEAM, which is the most we have achieved at Junior Provincials in just under a decade. For many of you, this is your first step on a long journey and we are excited to see all your results for the future.

A big thank you to the parents who chaperoned and officiated. Another big thank you to our Coaches Mitchell, Breanna, Caitlin and Jordan, you inspired your swimmers to great things last weekend.

SwimSask Most Improved:

Girls 10 & Under: Gillian Kimens  42 points


Boys 12-13: Joshua Tan  46 points, Nathaniel Pelzer  43 points


Boys 14 & Over: Isaac Currie  39 points

Our Medalists:


100 FR

Girls 10 & Under: Taylah Fisher 

Boys 11 & Under: Dalton Mukasa 




Girls 11-12: Jasmine Rogoza 

Boys 12-13: Daniel Mukasa 



Boys 14 & O: Duncan Clark 




200 IM:

Girls 10 & U: Gillian Kimens  Malaika Mukasa 
Girls 11-12: Jasmine Rogoza 
Boys 12-13: Nathaniel Pelzer  Joshua Austin-Koyl 
Boys 14 & O: Isaac Currie  Soren Hansen  Duncan Clark

50 BK:

Girls 10 & U: Gillian Kimens 
Boys 12-13: Joshua Tan 




800 FR:

Boys 14 & O: Isaac Currie 




100 BK:

Girls 10 & Under: Malaika Mukasa 
Girls 11-12: Jasmine Rogoza 
Boys 12-13: Daniel Mukasa 
Boys 14&O: Soren Hansen 



50 BR:

Girls 10 & U: Malaika Mukasa 
Boys 11 & U: Dalton Mukasa 
Boys 12-13: Joshua Austin-Koyl 

100 Fly:

Girls 10 & U: Gillian Kimens 
Girls 11-12: Jasmine Rogoza: 
Boys 12-13: Mateo Becerra 

400 FR:

Girls 10 & U: Gillian Kimens 
Boys 12-13: Nathaniel Pelzer 

200 BK:

Girls 10 & U: Gillian Kimens  Malaika Mukasa 
Boys 11 & U: Dalton Mukasa 
Boys 12-13: Joshua Tan  Mateo Becerra 
Boys 14 & O: Duncan Clark 

50 FR:

Girls 10 & U: Gillian Kimens  Malaika Mukasa 
Boys 11 & U: Dalton Mukasa 
Girls 11-12: Jasmine Rogoza 



200 BR:

Boys 12-13: Joshua Austin-Koyl 



100 BR

Girls 10 & Under: Gillian Kimens 
Boys 11 & U: Dalton Mukasa 
Boys 14&O: Isaac Currie  Duncan Clark 


200 FR

Girls 10 & U: Malaika Mukasa 
Boys 12-13: Nathaniel Pelzer 

50 Fly:

Girls 10 & U: Gillian Kimens 
Boys 12-13: Joshua Tan 

400 IM:

Boys 14 & O: Isaac Currie 

2022 Chinook Invitational Swim Meet

Sign up is open for the Swift Current swim meet Saturday, April 9, 2022. Prospects must decline by March 16 if unable to attend. Pre-competitive and recreational must sign up by March 16. Only 30 swimmers per club, so please sign up ASAP.

The bus will be taking the swimmers to the meet for the day. Lunch will be organized at the pool between sessions. This is a no-spectator meet, but we should be able to bring a few parents to act as chaperones and volunteer officials. Please contact the office if you are interested.

[Management Console - Regina Optimist Dolphins Swim Team - TeamUnify](#)

Black & Green Meet 3

Date: Friday, 18 March 2022

Time: 4:30 PM - 6:30 PM

Venue: U of R Swimming Pool

Groups: Junior (not attending ManSask), Prospect, Pre-Comp, Recreational and Dolphin

Events:

- 100m or 200m FR
- 25m or 50m FR
- 25m or 50m BR
- 25m or 50m BK
- 25m or 50m FL
- 100m IM
- Relays

Please note there will be no training at the Lawson this day, Friday, March 18

ManSask Spring Championship

The bus is scheduled to start loading at 7:30 AM and leave the Lawson parking lot by 8 AM, Thursday March 17.

The bus will be returning after finals Sunday night.

Parents that are attending, you can obtain the group rate at the hotel by emailing directly rhonda.sumner@hilton.com
Hampton Inn by Hilton, Winnipeg Airport

Also, here are the links to sign up to officiate:

Sign up to officiate:

[Wednesday, March 16, 2022 Meet Set Up](#)
[Session 1 Timed Finals, Thursday evening, March 17](#)
[Session 2 Preliminaries, Friday morning, March 18](#)
[Session 3 Finals, Friday evening, March 18](#)
[Session 4 Preliminaries, Saturday morning, March 19](#)
[Session 5 Finals, Saturday evening, March 19](#)
[Session 6 Preliminaries, Sunday morning, March 20](#)
[Session 7 Finals, Sunday evening, March 20](#)

Presidents Luncheon to support the Cougars Swim Team:

The upcoming Presidents Luncheon for Varsity Sport is a big fundraiser for all University sports. The Cougar Swim Team is the only post high school program in the Province, and plays a vital role in the Long Term Development of swimmers in our Province. We provide an environment for swimmers to achieve a quality education, while continuing the participate in the sport they love. This years event is virtual and will feature John Herdman and Kayla Grey. Tickets purchased in support of the Swim Team are matched by the President's office and help fund our team with the money going towards, scholarships, training equipment, and competitions. Please find more info in the letter and click the link to purchase tickets.



Dear Cougars and Rams supporter,

On behalf of the University of Regina, I am excited to announce that a virtual version of the President's Luncheon for Varsity Sports (formerly the President's Breakfast for Athletics) will take place on **Thursday 5 May, 2022 from 12 noon to 1 pm.**

As in past years, net proceeds from this event will support scholarships and program enhancement for our student-athletes. With the pandemic having disrupted most of our athletics-related fundraising, this year more than ever the President's Luncheon for Varsity Sports is critical to the support we provide to our teams. My office will once again complement your support by matching all funds raised up to \$150,000.

With uncertainty related to the pandemic again challenging our planning for an in-person event – and given the success of last year's virtual event – we have decided to once again proceed with a virtual format. We very much look forward to seeing you in person next year, but in the meantime, the 2022 President's Luncheon for Varsity Sports has a significant benefit – it allows us to host **two incredible speakers** for you to enjoy from the comfort of your home or office:

- **Kayla Grey** is host and co-executive producer of TSN's *The Shift with Kayla Grey*, appears regularly as an anchor of *SportsCentre*, and reports courtside for TSN's live coverage of the Toronto Raptors. She became the first Black woman to host a flagship sports highlight show in Canada when she made her *SportsCentre* debut in 2018; and
- **John Herdman** is the current Head Coach of the Canadian Men's National Soccer Team and former Head Coach of the Canadian Women's National Soccer Team. Under his leadership, the team won two back-to-back bronze medals at the Olympic Games, and a gold medal at the Pan Am Games – the first Pan Am gold in Canadian soccer history. In his riveting talks, Herdman explains the importance of vision, passion, and discipline to achieve success, whether it's on the field or in the office.

Event access links for the President's Luncheon for Varsity Sports are \$75 each, and attendees may designate their ticket purchase to support all teams or any individual program. Sponsorship opportunities are also available. Tickets and sponsorships may be purchased online by visiting <https://events.eply.com/PresidentsLuncheonforVarsitySports2022>. Should you require further information, please contact Shauna Machnaik at shauna.machnaik@uregina.ca or 306- 585-4875.

Thank you for supporting our varsity sports teams!

Yours sincerely,

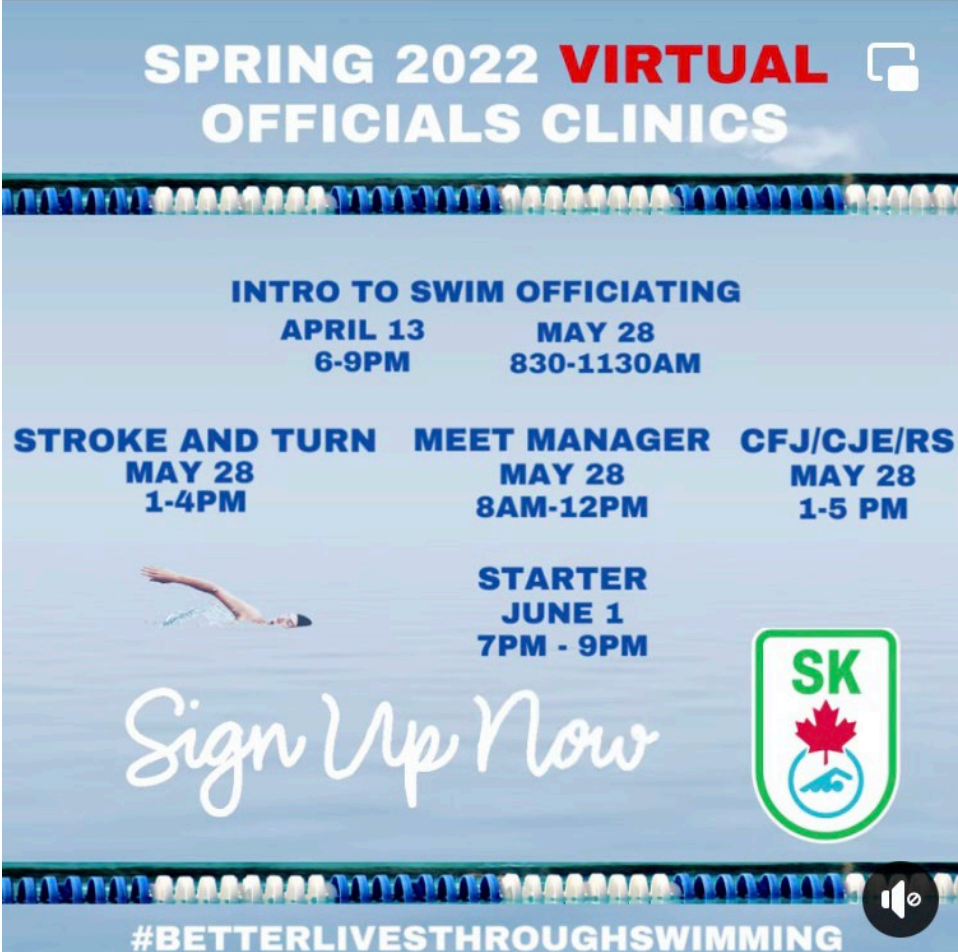
Dr. Jeff Keshen
President and Vice-Chancellor

Spring 2022 Virtual Officials Clinics are available for sign up:

To access **Virtual Learning**:

First become an Active Official by completing this online form if you are 14 or older: <https://form.jotform.com/212525531932249>

Then, once you receive your login, sign up for a clinic online: <https://edu.swimming.ca/> (**Online E-Modules** can be accessed from here as well)



SPRING 2022 VIRTUAL OFFICIALS CLINICS

INTRO TO SWIM OFFICIATING
APRIL 13 6-9PM MAY 28 830-1130AM

STROKE AND TURN MAY 28 1-4PM **MEET MANAGER** MAY 28 8AM-12PM **CFJ/CJE/RS** MAY 28 1-5 PM

STARTER JUNE 1 7PM - 9PM

Sign Up Now

SK

#BETTERLIVESTHROUGHSWIMMING

The poster features a background image of a swimmer in a pool. It includes a list of virtual clinics with their dates and times. A logo for SK (Swimming Canada) is present, along with a social media hashtag and a speaker icon.



Hey everyone!

Renee here. I hope you all are doing well! Just wanted to let you know that if you haven't had a chance to view the photos from PWI yet you can still do so.

Meet link:

<https://swimreeneekardash.pic-time.com/-prairiewinter2021>

Before you start viewing, **please see** attached PDF for a few instructions and tips on how to view easier. (link at the bottom)

If you are confused or stuck in any way, please don't hesitate at all to get in touch if you have any questions. I'm happy to help you through the process if you need!

NOTE:

1. The gallery will be locked in 1 week and after that you will need to contact me for a passcode to enter.
2. Please **view on a desktop** as the process will be much easier than on your phone.
3. Click on "**SHOP**" at the top to purchase the photos. Be sure to check out the "Bundle" deals if planning to order any more than 2 or 3 photos, as bundles starting at 5 will be approximately the same price.

I very much appreciate the support in your interest with the photos. I hope you find some you love!

Renee

Instagram: Follow along on my adventures, updates on where I'll be photographing, and new products coming!

<https://www.instagram.com/swim.reneekardashphotography/>

Website:

www.swim.reneekardash.com

<https://www.teamunify.com/team/canrodsc/UserFiles/Image/QuickUpload/guide-pls-read-2-084556.pdf>

Contact Us

Regina Optimist Dolphins Swim Team

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Office Hours at the Lawson

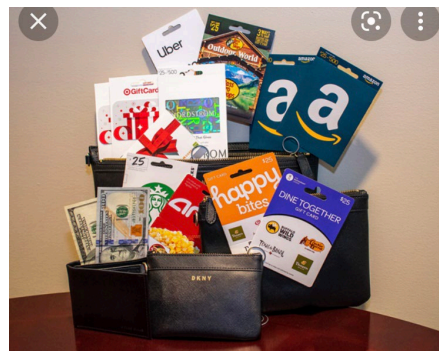
Monday-Thursday 4-6PM

Fundraising

Please help the club with our spring fundraiser raffle. Gift cards can be dropped off at the office We will be raffling off two wallets.

First a **Mother's Day wallet** filled with gift cards for things moms would love, to be raffled and drawn before Mother's Day.

Second a **Father's Day wallet** filled with gift cards for things dads would want, to be raffled and drawn before Father's Day.



Thank you to Hannah Nguyen, Andrea Axelson and Marianne Bergen for your support!

Please go to our events page to sign up for Bingo shifts. **New shifts have been posted for April, May and June.** 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.

[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)



Birthdays This Week

Nolan M and Tehya dS,



Swim Meet Chaperones

As we are planning travel meets this season we will be in need of chaperones. If you are interested in chaperoning please email the office to get more information. We have an upcoming meets in **Winnipeg** in March, **Swift Current** in April, **Saskatoon** in May, **Calgary** in June and **Saskatoon** in July, and we'll require chaperones for these trips. Chaperoning is a great way to get to know all the swimmers, get a free trip to an away meet, and you also earn your volunteer points (40 points per day).

Your Help is Needed

The team needs new **board members** for the coming year. If you think you would like to put your name forward, there will be several positions up for election at the SAGM in June. Not all positions require a big time commitment.

Also the position of **officials co-ordinator** will be coming open soon. The duties include registering team officials with Swimming Canada at the start of the season, posting the officials sign up to the website before a swim meet, and other duties.

Keep in mind that as a board member or officials co-ordinator you earn 300 volunteer points for the season.

Pride, Discipline, Loyalty, Commitment and Respect
