

Upcoming Events

Saskatchewan Junior
Provincials, Moose Jaw
March 17-19

Regina Optimist Dolphin Swim Team

Weekly Newsletter March 10, 2023

Western Transmountain Festival and Training Camp

Coach Homie took a group of swimmers to the Cascade Western Transmountain Festival meet February 17-18 and stayed afterward for a training camp and some fun teambuilding. The swimmers really enjoyed their time in Calgary and the training was great preparation for ManSask.



ManSask LC Provincial Championships

Congratulations to all of our swimmers that participated in the ManSask Championships. We had 23 swimmers take on swimmers from the rest of Saskatchewan and Manitoba.

Our swimmers stepped up and raced hard resulting in each swimmer making a final and us achieving 3rd overall as a team and achieving more points per swimmer than any other club.

Congratulations to all our medalists:

Melissa Adelman: 1x Gold, 1x Silver, 2x Bronze, Provincial Relay and Trials standard

Sadie Anderson: 1x Bronze and Western Standard

Isaac Currie: 2x Bronze and Western Standard

Aden Dickinson: 1x Silver and Western Standard

Owen Eisler: 2x Bronze

Soren Hansen: 1x Bronze

Ava Harlos: 1x Gold, 2x Silver, 1x Bronze

Macy Harlos: 1x Gold, 5x Silver

Chloe Hegi: 1x Bronze

Gillian Kimens: 4x Gold, 1x Silver, 1x Bronze and Individual High Point winners 12 & U

Annabel Kolman: 1x Gold, 4x Bronze

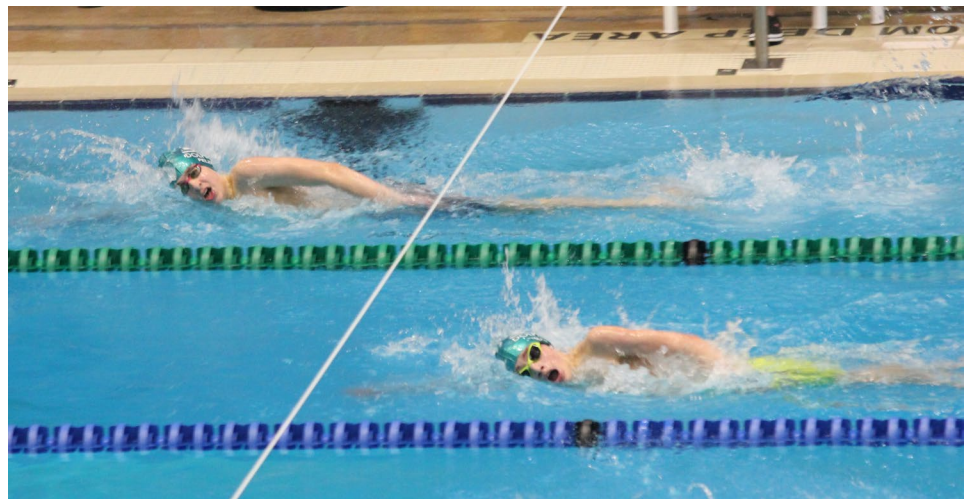
Alex Olfert: 1x Bronze

Nathaniel Pelzer: 3x Gold, 2x Silver

Ben Stewart: 1x Gold, 2x Silver, 1x Bronze

Cashis Taypotat: 1x Gold, 1x Bronze

Craig Nieuwstad



Swimmers of the Month

Elite

Congratulations Ben Stewart

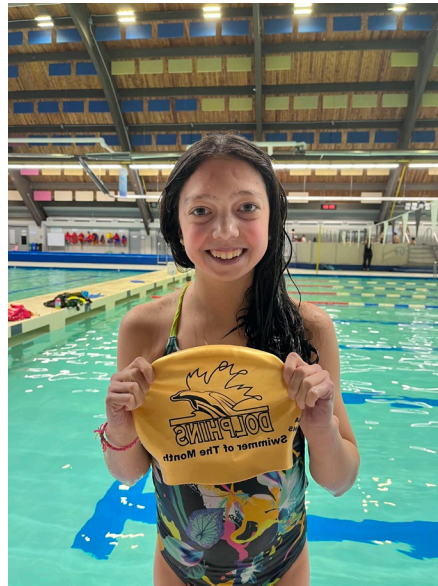


Junior Advanced

Congratulations Macy Harlos



Junior
Congratulations Isabelle Carleton



Prospect
Congratulations Sophia King



Recreational
Congratulations Katherine Jackiw



Intro to Competitive (Lawson)
Congratulations Sabrina Silva



Intro to Competitive (University)
Congratulations Sebastien Paraiso



Team bowling and pizza party



Saturday, March 11 - 1:00-2:30PM

Golden Mile Bowling

Please arrive in time to get your shoes and get started for 1PM

Saskatchewan Junior Provincials

Junior Provincials are only one week away. This is a self-drive meet at the Kinsmen Sportsplex, 855 MacDonald Street, Moose Jaw.

Friday warmups 3:30PM

Saturday warmups 8:00AM and 3:30PM

Sunday warmups 8:00AM

Medals will be awarded for 1st, 2nd and 3rd place. Ribbons for 4th to 10th place. Medals awarded for first place relays. Also awards for most improved winners in age groups/gender.

There is a canteen in the lobby. Spectators are allowed but on deck seating is limited. Live streaming will be available in the lobby.

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 **March 27**. All Dolphin and Cougars families are invited to sign up.

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

Purdy's Chocolates



Order your Easter chocolate today. Just click this link <https://fundraising.purdys.com/1737601-106288> , fill out your info you'll need an email address, click "Join Campaign", enter campaign number 67717, and order to your heart's content! The order deadline is March 19 and order pick-up by April 2.

Team Parkas and Backpacks

If you're wanting a parka or backpack please email your order in by Sunday.

Happy Birthday

Happy Birthday to Georgia H and Tehya dS



2022-2023 SWIM SASK CAMPS & TOUR TEAMS

Jr Development Camp

Female 12+U / Male 13+U

April 23

Shaw Centre, Saskatoon

9:30am-2pm

[More Information](#)

Etobicoke Age Group International

May 31-June 4/5, 2023

[More Information](#)

Mel Zajac

June 2-4, 2023

[More Information \(updated\)](#)

Easter Local Training Camp

All morning practices will be at the Lawson and afternoon practices at the U of R.

			Tuesday 11-Apr	Wednesday 12-Apr	Thursday 13-Apr	Friday 14-Apr	Saturday 15-Apr
Junior & Junior Adv.	AM	Time		05:30 - 07:30		05:30 - 07:30	05:45 - 07:45
		Focus		FR Endurance		IM Endurance	Race Strategy
	PM	Time	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	
		Focus	FR & Closed Turns	BR & Open Turns	BK & BK Starts	Fly & Dives	Movies
			Tuesday 11-Apr	Wednesday 12-Apr	Thursday 13-Apr	Friday 14-Apr	Saturday 15-Apr
Prospect	AM	Time					05:45 - 07:45
		Focus					Race Strategy
	PM	Time	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	
		Focus	FR & Closed Turns	BR & Open Turns	BK & BK Starts	Fly & Dives	Movies
			Tuesday 11-Apr	Wednesday 12-Apr	Thursday 13-Apr	Friday 14-Apr	Saturday 15-Apr
Intro to Comp	AM	Time					
		Focus					
	PM	Time	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	
		Focus	FR & Closed Turns	BR & Open Turns	BK & BK Starts	Fly & Dives	Movies

Sign up is on the events page.

<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