

## Upcoming Events

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Saskatchewan Junior  
Provincials, Moose Jaw  
March 17-19

Georgina Swim Marathon  
Fundraiser, Regina  
April 28

Lasers LC Invitational  
Saskatoon  
April 29-30

# Regina Optimist Dolphin Swim Team

## Weekly Newsletter March 17, 2023

### From our President

I wanted to start by thanking all of our Dolphin family for remaining optimistic, kind and patient while our team navigates Craig's resignation.

Please be assured that the RODS staff and board have been working tirelessly behind the scenes to ensure that our athletes experience minimal disruption to their training and competing. We have interim coaching staff in place as well as an interim Head Coach & GM. Watch for an exciting announcement coming soon!

Good luck to our 21 athletes representing the RODS at Junior Provincials this weekend in Moose Jaw!

Good luck to the 8 athletes representing the RODS at Western Canadian Championships in Calgary!

Good luck to the 5 athletes representing the RODS at Canadian Trials in Toronto later this month!

We have an exciting local training camp in the works for the Easter break as well as lots of new meets and opportunities coming up, so keep an eye on the events page!

Erin  
RODS President

### Fundraising

Watch for information coming next week on the Georgina Swim Marathon Friday, April 28. This is a big fundraiser for our team every year and a great way to earn fundraising money for your swimmer's account. Also the team donates 10% to the Regina Palliative Care Unit.

All RODS swimmers will get together for this great team event at the Lawson Aquatic Centre. Parents are also encouraged to participate! Registration starting at 4:00PM, followed by speeches, the swim marathon, then winding up with awards and supper.



## 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.



## Saskatchewan Junior Provincials

Good luck to all our RODS swimmers attending Junior Provincials this weekend.





## Happy Birthday

Happy Birthday to Amaan H, Nicoletta K and Matthew S!



## Upcoming Meets

### Lasers LC Invitational

The Lasers LC Invitational is held the last weekend in April at the Shaw Centre in Saskatoon. All groups prospect through elite are signed up to attend. Decline date if you are unable to attend is April 16. Intro to Competitive swimmers are welcome to sign up, and deadline to commit is also April 16. This is a bus travel meet and the bus will head up to Saskatoon April 28 after the Swim Marathon and return on Sunday afternoon.

### Michelle Moore Swim Meet

Our annual RODS hosted Michelle Moore Swim Meet presented by Regina Orthodontic Group will be held May 19-21 at the Lawson Aquatic Centre. This meet is for all groups. We need all parents to volunteer to make this meet a success. Please mark your calendars!

### Junior Dolphins/Junior Cougars Learn to Swim

Spring registration for learn to swim lessons opens March 25. The spring sessions runs April 17 through June 22.

## 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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Office Hours at the Lawson  
Monday-Thursday 4-6PM

## Thank you to our Sponsors



*Pride, Discipline, Loyalty, Commitment and Respect*