

Regina Optimist Dolphin Swim Team

Weekly Newsletter March 22, 2024

Upcoming Events

Speedo Western Canadian Championships

March 21-24

Winnipeg

Marlins Spring Ice Breaker

April 6-7

Swift Current

Anna Rondeau Challenge

April 19

Lawson Aquatic Centre



Last weekend the RODS competed at **Winter ManSask Championships** in Saskatoon and they did an incredible job. The entire team stepped up not only in their swims but in their team spirit as well. They were the loudest team on the pool deck cheering everyone on in every single race. At the end of the swim meet our girls swept the age group high point awards for Saskatchewan. Big congratulations to Ava Harlos, Cashis Taypotat and Gillian Kimens. Overall, an amazing weekend and definitely a ManSask the team should be proud of and one to remember.

Thank you to the chaperones, Kathleen Eisler and Julia Dickinson, for all of their hard work and support for our swimmers

Mitchell Hebert
Head Age Group Coach





Provincial High Point Age Group Awards

15 & over - Ava Harlos

13 & 14 - Cashis Taypotat

12 & under - Gillian Kimens AND

Overall Individual High Point Award winner

13 & 14 - Cashis Taypotat

Saskatchewan Open Short-Course Junior Provincials Top Improvement Point Winners

Charlotte Zhang - 2nd place 10 and under girls

Inigo Gutierrez Carabias - 1st place 14 and over boys



Upcoming Meets



Speedo Western Canadian Championships is this weekend at PanAm Pool, Winnipeg. Fourteen RODS and Cougars swimmers are competing. Livestreaming is available at: <https://app.staylive.io/rectec>

Marlins Spring Ice Breaker

April 6-7, 2024

Swift Current Aquatic Centre: 1100 - 11th Avenue

Carpool and team van travel

Home Inn & Suites: 1411 Battleford Trail E

Chaperones: Orenda Pelzer and Kathleen Eisler

Team supper for everyone is booked at Boston Pizza 8PM Saturday
1601 N Service Road E

This meet will be live streamed.

Anna Rondeau Challenge

April 19, 2024

Lawson Aquatic Centre

100 fly
200IM
400 free



200 fly
400IM
1500 free



SPRING 2024 VIRTUAL OFFICIALS CLINICS



***REGISTRATION OPEN: MAY 1 @ 8:00 AM**

STARTER

TUESDAY, MAY 21

6:30 PM-8:30 PM

Sign up by 8am on May 17

STROKE & TURN

SATURDAY, JUNE 8

1:00 PM-5:00 PM

Sign up by 8am on June 6

MEET MANAGER

SATURDAY, MAY 25

8:30 AM-12:30 PM

Sign up by 8am on May 23

CFJ/CJE/RECORDER

SUNDAY, JUNE 9

8:30 AM-12:30 PM

Sign up by 8am on June 6

STROKE & TURN

SUNDAY, MAY 26

8:30 AM-12:30 PM

Sign up by 8am on May 23

STARTER

THURSDAY, JUNE 13

6:30 PM-8:30 PM

Sign up by 8am on June 11

OFFICIALS MUST COMPLETE INTRO TO OFFICIATING (TIMEKEEPER) AND SAFETY MARSHAL E-MODULES PRIOR TO ATTENDING THESE CLINICS.

REGISTER ONLINE AT: EDU.SWIMMING.CA

Everyone should at a minimum have their officials account activated and Level 1 completed online (Time Keeper and Safety Marshall)

[How To Get Started — Swim Saskatchewan](#)

Our team is also planning an in-person officials clinic in April 13. More details coming soon.

Happy Birthday

Happy Birthday to Mia A, Vishi B, and Funke F



Saskatchewan Summer Games

A minor clarification has been made to the athlete exclusions/de-qualifications in the Technical Package and the Athlete Selection Criteria document.

Deadline to submit participation form is **March 28**. This is a great opportunity for our eligible swimmers – girls 11-14, boys 12-15.

[Technical Package V1.3](#)

[Athlete Selection Criteria](#)

[Athlete Intent to Participate Form](#)



presented by  TEINE
ENERGY

University of Regina – Policy Update

The University of Regina is in the process of updating our policies and practices for the Aquatics Centre. These changes are effective immediately.

Parents/guardians are no longer permitted to watch from the pool deck. We have had repeated incidents of non-compliance when asking individuals to remove outdoor footwear. The dirt/sand/mud tracked onto the deck has required an increase in cleaning time and the associated expense. Participants may only wear clean, indoor footwear on the deck and we will no longer allow for the storage of outdoor footwear on the deck area. These must be removed outside the entry points of the pool area and left on the mats in the Aquatics foyer or stowed in a locker.

Fundraising

Tickets will be coming out next for our spring fundraiser with a \$1000 prize package from Temple Gardens Hotel and Spa. Draw to be made at the Michelle Moore Meet, May 12.

<https://templegardenshotel.com/>



Head to Head Video#4 – Team Culture

As part of Head to Head, each of our swimmers will receive **5 one-pagers** that include **tips and strategies** around a given topic, a video from one of our Olympian mentors, and a small **workbook** related to the topic aimed to help swimmers work through the content individually. These 5 one-pagers will come approximately **every 2 weeks** to ensure that swimmers get the maximum takeaway from each of our **3 in-person sessions** and **2 virtual sessions**.

Please find attached the one-pager for **Team Culture** which contains links to the relevant **video** and the **workbook**.

To me, there was no better showing of our team culture than the RODS at the ManSask Championships this year. If there was a team spirit award we would have won by a million points, because every single member of the team did such an amazing job of cheering for everyone else and coming together to show ManSask what the RODS are all about. Great job RODS!

Baylee Munro, ChPC
Head Coach & General Manager

TEAM CULTURE

Olympians work closely with coaches and are often looking for feedback, guidance and input to make sure they're always moving forward. Having a supportive, positive and 'high performance' team culture can be a game changer when we're faced with challenges or pushing towards a goal.

Consider scheduling times to reconnect with small groups of teammates, friends or classmates to discuss how everyone is feeling and share ideas around what you can do to help each other. Every person may need something different, so if you can chat about what could be helpful to each individual, then, as a group you can work together to create that supportive environment!

Strategies and Tactics

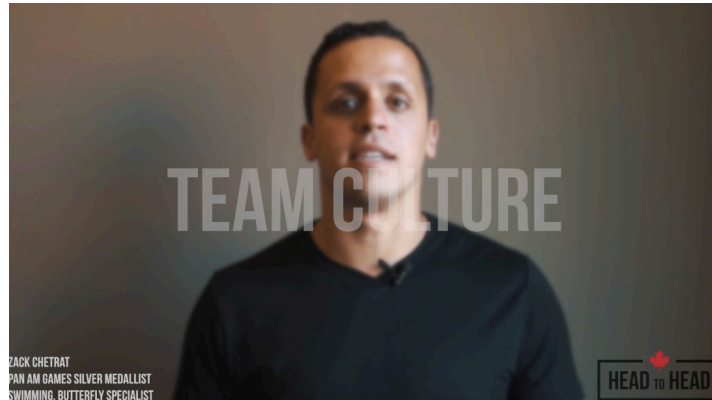
As many Olympians know, great results take time. Often, failures and obstacles are a frequent stop in an athlete's journey to the Olympics, but when each individual has the support of a team behind them, is able to build off of feedback, and trusts each member; over time the work will pay off.

In a high functioning team:

- Team roles and expectations are crystal clear
- Each team member is valued for what they bring to the team
 - And each members' successes should be celebrated
- Team members needs are considered, and supported by other teammates as best as possible

Brainstorm ideas to come together as a team. Always ensure you're inclusive of every team member!

Zack Chetrat is a former Canadian Record Holder and Pan Am Medallist. Check [video](#) below, where Zack shares how important it is to have a positive training group around him and how it can lead to success.



Here is your Team Culture [Self Reflection Workbook](#). Use the tips and insights that Zack provided in his video to help you complete it! Consider how you can use these tips to manage the challenges of this pandemic.

· 2024 Varsity Sport Awards Banquet ·

PLEASE JOIN US IN CELEBRATION OF OUR STUDENT-ATHLETES & AWARD WINNERS

Our annual celebration of Cougar and Ram student-athletes and award winners from the 2023-2024 season will take place on **Friday, April 12th at the Conexus Arts Centre.**

Join us as we recognize the excellence of our student-athletes and the outstanding accomplishments of their season.

· Details ·

Date: April 12th, 2024

Buffet meal will be served

Cash Bar: 6:00pm

Dinner: 7:00pm

Formal Program & Awards: 8:00pm

Dress: Business Casual

Location: Conexus Arts Centre

Get your ticket today!

See you on the 12th!

<https://www.youtube.com/watch?v=scmUOtyzkvg>



Contact Us

Regina Optimist Dolphins
Swim Team

355-4246 Albert Street

Regina SK

S4S 3R9

306-586-3909

office@reginadolphins.com

www.reginadolphins.com

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

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect

