

## Upcoming Events

Georgina Swim Marathon

April 28

Lasers LC Invitational

April 29-30

# Regina Optimist Dolphin Swim Team

Weekly Newsletter March 24, 2023

## Junior Provincials and Westerns

Great job to all our swimmers attending meets last weekend.



REGINA OPTIMIST  
DOLPHINS  
SWIM TEAM











Congratulations to Cougars athlete Bes Rexha earning his Senior National standard and a silver medal in 200IM at Westerns.

***Good Luck to our 5 swimmers heading to Canadian Trials tomorrow at the Toronto PanAm Sports Centre.***



## 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 **May 30**.

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

## Georgina Syrgiannis Swim Marathon

We are excited to be able to host the Georgina Swim Marathon again this year. This is a great fundraiser for our members and our team. It is a very fun event for all our swimmers and parents are also invited to participate. The marathon will be held Friday, April 28 at the Lawson.

**Fundraising has begun** and if you are in need of help with setting up your swimmer's page just contact the office.

## Easter Break Training Camp

Easter Camp Schedule:

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 online if you are planning to attend

<https://www.teamunify.com/team/canrodsc/controller/cms/admin/index?team=canrodsc#/calendar-team-events>

## Schedule Change for Next Week

**VERY IMPORTANT**

Water polo has changed their event to a Friday start so Juniors and Prospects will now have practice as usual at the Lawson on Thursday, March 30.

## 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!

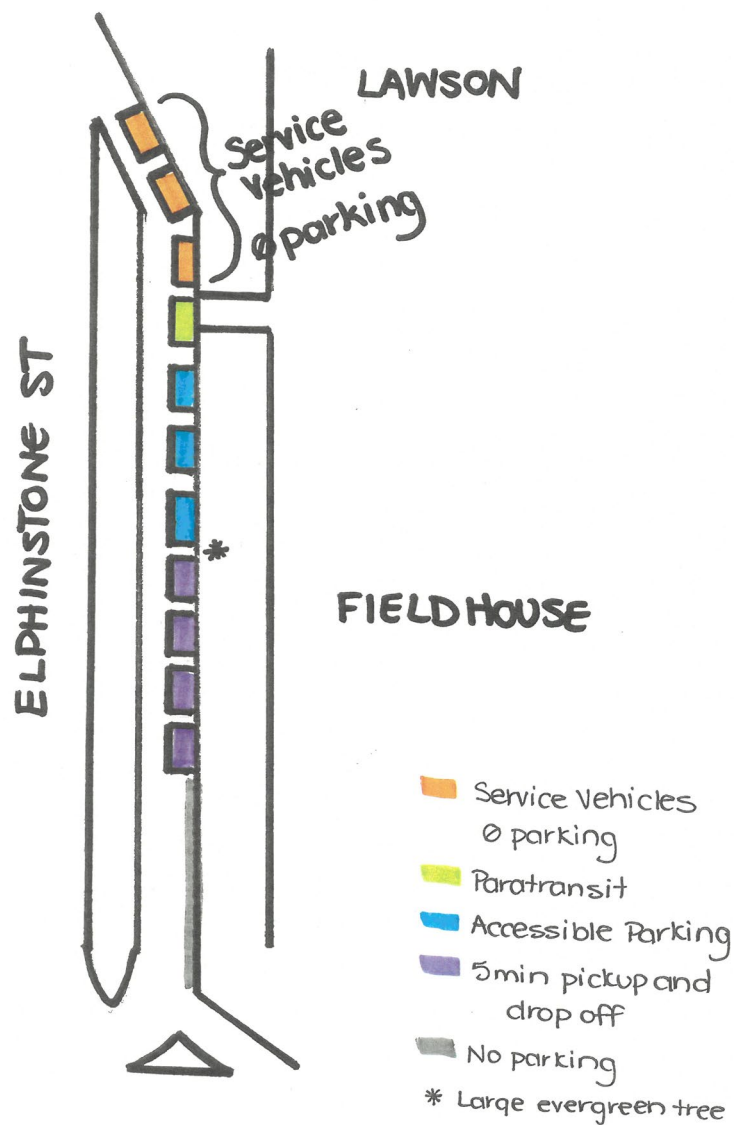
## Happy Birthday

Happy Birthday to Mia A



## Parking notice from the Lawson Aquatic Centre

We have had some concerns with pick up and drop off in the parking lane that runs parallel to Elphinstone Street. We have found that parents are occupying the accessible parking/paratransit parking spots, which creates a congested traffic flow. We have made a map for parents that are picking-up/dropping-off athletes to better understand how the parking is laid out in the lane. If there are no spots available, they will have to circle around until a spot becomes available. Time parked should be limited to 5 minutes maximum.



# 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*