

Regina Optimist Dolphin Swim Team

Weekly Newsletter March 29, 2024

Upcoming Events

Marlins Spring Ice Breaker

April 6-7

Swift Current

Head to Head

April 12

University of Regina

Anna Rondeau Challenge

April 19

Lawson Aquatic Centre



Congratulations to Ava Harlos who posted her Olympic Trials qualifying time of 2.24.32 in 200 Fly at the Western Canadian Championships meet in Winnipeg last weekend.

Marlins Spring Ice Breaker

April 6-7, 2024

Swift Current Aquatic Centre: 1100 - 11th Avenue

Team van will depart Saturday 1PM from lot 10, University of Regina

Hotel: 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

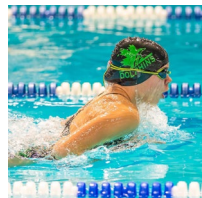
This meet will be live streamed.

Anna Rondeau Challenge

4:00-7:00PM, Friday, April 19, 2024

Lawson Aquatic Centre

100 fly
200IM
400 free



200 fly
400IM
1500 free



In-Person Officials Clinic



The poster features a blue water background with a white border. At the top left is the Regina Optimist Dolphins Swim Team logo. At the top right is a Canadian flag logo. The main title reads 'IN-PERSON CLINIC Saturday, April 13'. On the left side, the words 'OFFICIALS CLINIC' are written vertically in large green letters. A white box in the center contains the following text: 'INSPECTOR OF TURNS, JUDGE OF STROKE', '8:00AM to 12:00PM (lunch following)', 'Lawson Aquatic Centre (old Sportco)', '1717 Elphinstone Street, Regina SK', 'Registration Deadline: April 12, 2024', and 'Open to members from any club'. At the bottom, it says 'REGINA OPTIMIST DOLPHINS SWIM TEAM' followed by the website 'www.reginadolphins.com', email 'office@reginadolphins.com', and phone number '306-586-3909'.

Great news we have an in-person clinic planned for April 13. Click the link below to log into your account and access the course registration.

<https://edu.swimming.ca/index.php?page=225>

Everyone should at a minimum have their officials account activated and Level 1 completed online (Time Keeper and Safety Marshall). This is needed in order to attend the in-person clinic.

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

Happy Birthday

Happy Birthday to Joshua B and Olivia D



Spring Session Junior Dolphin Lessons

Registration for the spring session of lessons opens Saturday, March 30 at 8AM. Lessons will start the week of April 15.

[lessons information](#)

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.

Team Shirts

Team shirts are available in all sizes in black and greet at the Lawson office.



Lysports Team Store

Order your swim equipment and team gear from Lysports (swim parkas and backpacks available with RODS logo). This link is also on the website under the SWIMMERS tab.

<https://www.lysports.com/team/regina-optimist-dolphins/>



Congrats to our RODS swimmers selected to attend the KSU Tru Wolfpack Invitational

KSU Tru Wolfpack Invitational TOUR TEAM SELECTION

June 7-9, 2024 - Kamloops, BC

Sadie Anderson	ROD
Abigail Gebhardt	GOLD
Ava Harlos	ROD
Chloe Hegi	ROD
Annabel Kolman	FS
Isabel Magus	GOLD
Jaelyn Szutiak	GOLD
Hailey Weninger	LASER
Jonathan Arndt	GOLD
Keiran Dyck	GOLD
Holden Lees	GOLD
Minh Nguyen	GOLD
Rhett Smith	GOLD
Benjamin Stewart	ROD
Bryce Tierney	GOLD
Siarhei Tsyrrhanovich	GOLD



Head to Head Mentorship



OLYMPIAN LED MENTORSHIP
PROGRAMS
2023/2024

We are excited to have **Chantal VanLandeghem** coming to visit our swimmers on Friday, April 12, 2024 for the second session of our **Head to Head Olympian-led mentorship program series**

For all swimmers Intro to Competitive through to Elite

Scheduled at the University of Regina pool. Classroom location **EA 106.1**

Cougars/Elite: Practice 2:30-3:30pm, Swim 3:30-4:30pm, Classroom 4:30-5:30pm

Junior National, Junior Provincial: Swim 3:30-4:30pm, Classroom 4:30-5:30pm

Prospect and Intro: Classroom 4:30-5:30pm, Swim 5:30-6:30pm

Fundraising

Bingos are posted for April and May to the events page.

Tickets will be coming out next week 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.



· 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

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

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Pride, Discipline, Loyalty, Commitment and Respect

