

Upcoming Events

Georgina Swim Marathon
April 28

Lasers LC Invitational
April 29-30

Regina Optimist Dolphin Swim Team

Weekly Newsletter March 31, 2023

Our Coaches



Homie Jadid

Interim Head Coach
Cougars and Elite

Former collegiate athlete and coach.
Interim Head Coach.

I am committed to providing our
swimmers with a positive
experience during this transition.



Mitchell Hebert

Assistant Head Coach
Cougars and Junior Advanced

Former National Level age group
and U of R Cougar swimmer of 10
years. Current Masters swimmer.
Also coached Junior Dolphins and
summer swimming.

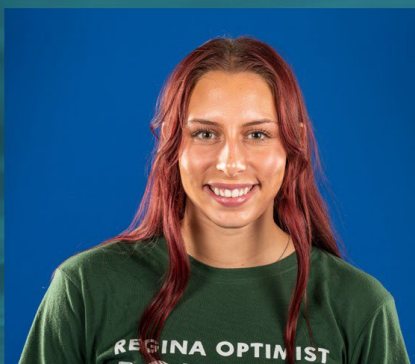




Carmen Agar

Strength and Conditioning

- strength coach for the Cougars and RODS since 2017
- two years experience leading activation warm ups and coaching on deck
- born and raised in Regina and grew up playing hockey, ringette, and baseball



Breanna Foster

Juniors

Swam for the team for 8 years and competed at age group nationals, senior nationals and trials. After finishing my swimming career I have very much enjoyed staying in the RODS family as a coach for the past 4.5 years. I love coming to the pool everyday to watch the swimmers swim fast and cheer them on and push them to do their best.



Caitlin Danis

Prospects

Coaching with the RODS since 2021.

Caitlin's warm personality, enthusiasm and love of the sport is helping our young swimmers to develop their skills in a community atmosphere.



Jordan Rodgers

Intro to Competitive

A former RODS swimmer now swims with the Masters.

I love to share my love of swimming with the next generation just like my coach did with me.



Olena Rashovich

Recreational

A former RODS swimmer

I love being able to share a sport that was/is such a big part of my life with new swimmers.

One of the best things about swimming is how many life lessons it can teach you; patience, time management, work ethic.

Lasers LC Invitational

Lasers meet April 29-30 in Saskatoon is open for sign up. Decline date is April 16. Intro to Competitive swimmers are welcome to sign up. We have a bus going up Friday night and home Sunday afternoon.

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

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**.

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



Registration for swimmers is \$20 and includes your entry in the swim marathon, a Georgina marathon swim cap and supper afterwards.



Sandi Olfert and Kathleen Eisler are in Toronto officiating at Trials. They also completed the Domestic Para Swimming Officials Course.

Swim Sask Junior Development Camp

Congratulations to the following RODS swimmers who qualified for the Junior Development Camp with Provincial Coach Alex Schultze in Saskatoon April 23.

Gillian Kimens
Nathaniel Pelzer
Owen Eisler
Mateo Becerra

Carpool

We have a swimmer moving up groups who is in need of a ride from Jack Mackenzie school to the Lawson twice a week. Her mom can offer a ride home to the kids afterwards. She can also drive to the University on Fridays.

Local Easter Camp

Make sure to sign up for the Easter week camp if you will be in town. There is no charge for the training camp apart from the movie night Saturday. There will be a separate sign up for the movie.

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

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Two Apps Everyone Should Have



[OnDeck on the App Store \(apple.com\)](https://apple.com)

Sign in using your Team Unify information. Under settings set “receive notifications” to ON

Also for swim meets, it’s a must



[Meet Mobile: Swim on the App Store \(apple.com\)](https://apple.com)

The Kid Expo

The team will have a booth at The Kid Expo, April 16. Stop by to visit if you are attending. It looks like a very fun event, be sure to share with your friends.

<https://thekidexpo.ca/home>



Happy Birthday

Happy Birthday to Mia A



Contact Us

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

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