

Regina Optimist Dolphin Swim Team

Weekly Newsletter May 10, 2024
Swimmers of the Month for April

Intro to Competitive Bronze Cougars
Congratulations Jaisreet!



Intro to Competitive Silver RODS
Congratulations Samantha R!



Upcoming Events

Michelle Moore Meet

May 10-12

Lawson Aquatic Centre

Black and Green Meet #3

May 24

University of Regina

Lasers Invitational

May 31-June 2

Shaw Centre, Saskatoon

CSI: 2024

May 31-June 2

MNP Centre, Calgary

KCS Tru Wolfpack

June 6-10

Kamloops, BC



Intro to Competitive Silver Cougars
Congratulations Isabella W!



Intro to Competitive Gold RODS
Congratulations Cohen!



Intro to Competitive Gold Cougars
Congratulations Sophia L!



Prospect
Congratulations Alvin!



Junior Provincial
Congratulations Natalie!



Junior National
Congratulations Jasmine!



Elite Congratulations Chloe!



National Lifeguard Course

We are looking at offering a course for swimmers or friends of swimmers on the following dates:

Sunday June 16th, June 23rd and then June 25th, 26th and 27th.

We will do registration through the team.

- must be 15 by the end of the course
- must have Bronze Medallion, Bronze Cross and First Aid and CPR/AED training prior to being able to take the course.

Minimum of 4 participants and maximum of 12. Please email the office to sign up.

Upcoming Meets in May and June

Upcoming Events

Black and Green Meet #3 May 24

Our next black and green mini meet is scheduled Friday, May 24 at the University 430-630PM. All Junior, Prospect and Intro to Competitive swimmers are signed up. Please decline on the events page if you are unable to attend. Dolphin level swimmers will also be invited to participate.

Lasers Invitational May 31-June 2

The Lasers Invitational is in Saskatoon at the Shaw Centre. This meet is for all Prospect swimmers and Junior swimmers not attending CSI. All Intro to Competitive swimmers are welcome to sign up on the events page. The deadline to sign up and decline is May 17. Coach Rick will be attending. This is a self travel meet. Please note if your swimmer is in need of carpooling. Parents wanting a room in the hotel block please email the office to request.

CSI: 2024 May 30-June 2

CSI is held at the MNP Sport Centre in Calgary. Thanks to **Engelheim Charter** we have a bus to travel to this meet. The bus will leave the U of R 845AM Thursday, May 30 after pre-meet morning practice. Hotel is Best Western Plus Calgary Centre, just minutes from the pool. This weekend at Michelle Moore is the last chance to qualify for CSI.

SAGM – June 17, 2024

Please mark your calendars and plan to attend the SAGM at 7PM on Monday, June 17 at the Regina Fieldhouse/Lawson Aquatic Centre.

The SAGM objectives include reviewing the budget for the 2024-25 season, handbook updates and board position elections. The following positions are open for nominations:

Vice President
Director of Finance (Treasurer)
Director of Admin
Director at Large

Please consider joining the board. Support our swimmers and make a positive impact. Please submit nominations to the office.

Olympic Trials

Ava Harlos (RODS) and Ovesh Purafoo (Cougars) will compete at Olympic Trials in Toronto May 13-19. Good luck! We'll be cheering you on from home.



Fundraising

If you haven't handed in your raffle tickets and cash yet, make sure you bring them by the raffle table at the swim meet this weekend. The draw will be made at noon on Sunday.

1. Rider Games

Sign up to run a cash register and sell beer at the section 28 bar at Mosaic Stadium. People who sign up for this event must be at least 19 years of age and must complete the Special Occasion Responsible Service of Alcohol online course which is required in Saskatchewan for all people who serve alcohol. Go to stec.skillbuilder.co to access the online course. Normally, the site will charge \$30 to take the course, but if you type in the code VOLUNTEER, you won't be charged anything. Print a copy of the certificate as soon as you complete the course and keep it on your phone in case you get asked to show your validation. Email a copy to scott_adelman@hotmail.com. The certificate is good for 4 years.

Typically, we work 2.5 hours before kick-off and 2.5 hours after kick-off. Workers are paid at the end of the football season. Each game pays approximately \$85 plus tips. Tip money will be divided and distributed differently this year. The Dolphins will receive a cheque at the end of the season for all tip money earned throughout the season. Tip money will be divided evenly amongst all workers regardless of which particular games they worked. The total amount of tips will be divided by the total amount of shifts worked throughout the season by our club, in order to calculate the amount earned per shift. Tips will then be deposited into your swim accounts. Families are only allowed to sign up for a total of 4 shifts to start with, and each family can also sign up as a substitute for 2 shifts. This will ensure that everyone has had the opportunity to sign up for Rider games and earn fundraising credits to their swim accounts. If there are any positions left vacant after the sign-up deadline, members will be allowed to sign up for additional shifts, including the substitute positions as well. The Rider Game Coordinator may sign up for additional shifts initially, to ensure that there is consistency and accuracy at the work site. All complaints and distribution of communication are handled by the Rider Game Coordinator. Contact Scott Adelman, our Rider Game Coordinator, at scott_adelman@hotmail.com if you are interested in working any games this year.

Rider Games will be available for sign-up soon. Members will receive an email inviting them to sign up for 4 shifts plus 2 additional substitute shifts. Members are required to complete and obtain a valid Special Occasion Responsible Service of Alcohol Certificate.

2. June & July Bingos at Fantasyland Bingo

Sign up to sell bingo paper and Seal tickets at Fantasyland Bingo! Members are allowed to sign-up for 2 bingos per month, one person per family, until the sign-up deadline has passed. If there are remaining spots to fill after the initial deadline, then members may sign up for more bingos if they wish. One family member may also sign up to fill 2 substitute spots per month and then after the initial deadline, members may sign up to fill the vacant spots. Check your email next week for the invitation to sign up for June and July bingos.

<https://www.gomotionapp.com/team/canrodsc/page/events#/team-events/upcoming>

★HAPPY★
BIRTHDAY!

Happy Birthday Adalbert, Santiago and Jacob Z!

Head to Head Swim Clinic

**SWIM CLINIC & KEYNOTE
WITH
OLYMPIC MEDALLIST
HILARY CALDWELL
FRIDAY MAY 17**

REGINA OPTIMIST
DOLPHINS
SWIM TEAM
HEADTOHEAD.CA



In pool session
Meet and learn from Hilary
Keynote, Q&A, and more!

PRESENTED BY

HEAD TO HEAD



Swim Sask has the following virtual officials clinics available in May and June. Take your training before ManSask in July and be prepared for next season.



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

Team Jackets

As requested, we will be placing another order for team jackets. Trimark Okapi jackets have the green RODS logo embroidered on the front and name heat pressed in green lettering on the lower back. The jackets are \$90 including embroidered logo and name on the back, and taxes. Available in M and L sizes XS through XL. Please send in your order by next Friday, May 17.



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

