

Upcoming Events

Head to Head with Hilary Caldwell

May 17

University of Regina

Black and Green Meet #3

May 24

University of Regina

CSI: 2024

May 31-June 2

MNP Centre, Calgary

KCS Tru Wolfpack

June 6-10

Kamloops, BC

Regina Optimist Dolphin Swim Team

Weekly Newsletter May 17, 2024

Head to Head with Hilary Caldwell

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

PRESENTED BY
HEAD TO HEAD

REGINA OPTIMIST
DOLPHINS
SWIM TEAM
HEADTOHEAD.CA

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

REGINA OPTIMIST
DOLPHINS
SWIM TEAM

Friday, May 17, 2024

Third session of our Head to Head Olympian-led mentorship program series with **Hilary Caldwell**

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

Upcoming Meets in May and June

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.

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.



Mike Mintenko Summerfest June 15-16

Sign up is open for any Intro or Recreational swimmers wanting to attend the outdoor Mike Mintenko Summerfest in Moose Jaw. Prospects and Juniors are already signed up. Swimmers can attend one or both days. This is a self-travel meet.

[Upcoming Events](#)

Michelle Moore Swim Meet

The 2024 Michelle Moore Invitational was an amazing team experience, with heats and finals opportunities meaning swimmers got to race lots of events twice! It was a very successful weekend, with almost 200 personal bests for our 62 RODS swimmers! 36 RODS swimmers finished in the Top 3 this weekend, so congratulations to:

Josh AK, Mateo B, Matthew B, Isaac C, Alvin D, Tommy D, Owen E, Ferran GC, Iker GC, Inigo GC, Soren H, Tryg H, Neven L, Nathaniel P, Ben S, Josh T, Adalbert Z, Melissa A, Sadie A, Sara AK, Isabelle C, Berlin C, Jada D, Taylah F, Aarshia G, Macy H, Chloe H, Gillian K, Ariel K, Jazz K, Alex O, Natalie P, Jasmine R, Jane S, Cashis T, and Yixian Z.

Thank you very much to all of the parents and officials that helped run this amazing event!







There are two sets of headphones and a green Dolphins hoodie in the office that were left behind at the meet.

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. Thank you for the nominations already received. Please submit any nominations to the office.

Fundraising

Bingos and Rider Games are posted to the events page for sign up. The initial sign up for the Rider Games is 4 shifts plus 2 substitute shifts per family. The sign up will open for all remaining shifts at 8:30PM on Monday, May 20.

[Upcoming Events](#)

Swim Sask Clinics

Swim Sask is looking for Officials to take their virtual Starter clinics on Tuesday, May 21 and Thursday, June 13.

Activate your officials account at <https://form.jotform.com/232196464084258>, then go to EDU.swimming.ca to register for the course.

Officials must complete the Intro to Officiating (Timekeeper) and Safety Marshal e-modules prior to attending one of these clinics.

A promotional poster for the Swim Sask Starter Course. The background is a blurred black and white photo of people at a swimming pool. The text 'SWIM SASK' and 'STARTER COURSE' is overlaid in a green, outlined font. At the bottom, there is a green banner with white text listing the dates and times for two virtual clinics: Tuesday, May 21 (6:30 pm - 8:30 pm) and Thursday, June 13 (6:30 pm - 8:30 pm). On the right side of the banner is the Swim Sask logo, which features a red maple leaf above a blue swimmer icon, all within a white shield-like shape with a green border.

SWIM SASK
STARTER COURSE

Tuesday, May 21
6:30 pm - 8:30 pm
Thursday, June 13
6:30 pm - 8:30 pm



Contact Us

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Office Hours at the Lawson
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