

Upcoming Events

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

Mike Mintenko

June 15-16

Moose Jaw SK

SAGM

June 17

Lawson Aquatic Centre

Regina Optimist Dolphin Swim Team

Weekly Newsletter May 24, 2024

Black and Green Meet #3

Today 4:30-6:30PM at the University Pool we have the third Black and Green fun meet of the season. All Junior, Prospect and Intro to Competitive swimmers should be there. Newer swimmers can see what a swim meet is all about in a fun and stress-free environment and try out some short races. Our more experienced swimmers can practice their racing skills for upcoming meets.

Upcoming Meets in June

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](#)

National Lifeguard Course

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

-Sunday, June 16 - 8am-5pm

-Sunday, June 23 - 8am-5pm

-Tuesday, June 25-Thursday, June 27 - 8am-5pm

Last call for any others wanting to participate. We have six participants already signed up. This course will be held at the Lawson.



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.

Swim Sask Clinics

Swim Sask is looking for Officials to take their virtual Starter clinic on 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.



Dandy's Ice Cream

The Dandy's Ice Cream coupons included in the volunteer gift bags show an expiry date in May but these coupons will be honoured and do not expire.



Happy Birthday

Happy Birthday to Berlin, Jada, Clark, Inigo and Natiana!



ManSask Summer Provincial Championships

Planning is underway for the ManSask Championships meet to be held July 4-7, 2024 at the Lawson Aquatic Centre. This promises to be a fantastic event . We will be needing officials in all positions – job sign up will be coming soon.

Season End BBQ

The last training day for swimmers not attending ManSask will be Monday, June 24. We will be hosting a team BBQ at Wascana Park at the picnic area south of the Museum after practice from 5:30 to 7:30PM. Please sign up on the events page to help in planning.

[Upcoming Events](#)

Contact Us

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

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