

Upcoming Events

Michelle Moore Swim Meet
Lawson Aquatic Centre
May 19-21

CSI/TREX
Calgary
June 1-4

SAGM
Classroom 2
June 14 at 7PM

Regina Optimist Dolphin Swim Team

Weekly Newsletter May 5, 2023

Swimmers of the Month for April

**Congratulations Keira
Recreational**



**Congratulations Berlin
Intro to Competitive (University)**



**Congratulations Arya
Intro to Competitive (Lawson)**



**Congratulations Neven
Prospect**



**Congratulations Samantha
Junior**



**Congratulations Isaac
Junior Advanced**



Congratulations Jada Elite



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**.

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

Michelle Moore Swim Meet presented by Regina Orthodontic Group



Our team-hosted Michelle Moore swim meet is coming up fast, May 19-21. We are looking for anyone who may have contacts with businesses or restaurants who might like to donate supplies or sponsor a meal for the meet. Please contact the office for more information.

If you are able to donate some baking for the hospitality room please email Cory at teacher20@hotmail.com by May 17. He is looking for squares, muffins, cookies etc.

Job sign up is now open! We need all families to sign up to help. Swim Sask is also offering officials clinics for stroke and turn and starter in May so you can get your training in before the meet. If you don't have training there are still positions you can sign up for such as hospitality, marshal, runner, set up, take down, raffle table and meet office.

<https://www.teamunify.com/team/canrodsc/controller/cms/admin/index?team=canrodsc#/calendar-team-events>

Officials Shirts

Officials shirts are available in the office for any parents needing one for the meet.



SPRING 2023 VIRTUAL OFFICIALS CLINICS



STROKE AND TURN

SUN. MAY 7
9:00 AM-12:00 PM
SIGN UP BY MAY 4*

WED. MAY 17
6:00 PM-9:00 PM
SIGN UP BY MAY 15*

SAT. MAY 27
9:00 AM-12:00 PM
SIGN UP BY MAY 25*

THURS. JUNE 8
6:00 PM-9:00 PM
SIGN UP BY JUNE 6*

STARTER

TUES. MAY 9
7:00 PM-9:00 PM
SIGN UP BY MAY 7*

WED. MAY 24
7:00 PM-9:00 PM
SIGN UP BY MAY 22*

CFJ/CJE/RS
SAT. MAY 27
8:30 AM-12:30 PM
SIGN UP BY MAY 25*

MEET MANAGER
SUN. MAY 7
8:30 AM-12:30 PM
SIGN UP BY MAY 4*

***REGISTRATION OPEN UNTIL 8:00 AM**

REGISTER ONLINE AT: EDU.SWIMMING.CA

Team Hoodies

We will be ordering hoodies on Monday so if anyone missed and would like to order please email the office over the weekend. Also please note if you would like the last name on the lower back.



Chaperones Needed

We still need one more chaperone for the Calgary CSI/TREX meet June 1-4

We still need one more chaperone for ManSask in Winnipeg July 6-9.



PROVINCIAL TEAM SELECTION ETOBICOKE AGE GROUP INTERNATIONAL

JUNE 1 - 4

Sami Benning - GOLD
Keiran Dyck - GOLD
Ian Genest - GOLD
Ava Harlos - ROD
Macy Harlos - ROD
Chloe Hegi - ROD
Scott Heinbigner - GOLD
Annabel Kolman - ROD
Holden Lees - GOLD
Isabel Magus - GOLD
Le Minh Nguyen - GOLD
Rhett Smith - GOLD
Ben Stewart - ROD
Cashis Taypotat - ROD
Hailey Weninger - LASER
Galen Zhang - FS

COACH: GARY CHEUNG - GOLD
COACH: MITCHELL HEBERT - ROD
TEAM MANAGER - SHENDA STEWART



PROVINCIAL TEAM SELECTION 58TH ANNUAL MEL ZAJAC

JR. INTERNATIONAL SWIM MEET

JUNE 2 - 4

Jayden Bilous - GOLD	Shea Guest - GOLD	Annabel Kolman - ROD
Matthew Brough - ROD	Taylor Hebert - ROD	Andrew Nghiem - GOLD
Mitchell Brough - ROD	Chloe Hegi - ROD	Alexandria Olfert - ROD
Maclaren Burwell - GOLD	Ethan Hemeon - GOLD	Matthew Syrgiannis - ROD
Keiran Dyck - GOLD	Brayden Hemeon - GOLD	Bryce Tierney - GOLD
Abigail Gebhardt - GOLD	Ella Howe - GOLD	Avery Weiland - LASER



HEAD COACH: STEVEN HITCHINGS - GOLD
ASSISTANT COACHES:
- **HOMAYOUN JADID - ROD**
- **EMMA HANCOCK - FS**
- **STRASSER SANKAR - MJKFF**
PROVINCIAL COACH: ALEX SCHULTZE
TEAM MANAGER: BELINDA BILOUS

Contact Us

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

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect