Upcoming Events

Michelle Moore Swim Meet

Lawson Aquatic Centre

May 19-21

CSI/TREX

Calgary

June 1-4

SAGM

Classroom 2

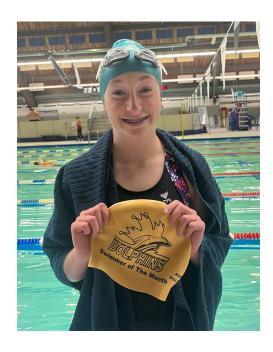
June 14 at 7PM

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)

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

Keiran Dyck- GOLD INTERNATIONAL

JUNE 1 - 4

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



Sami Benning - 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

PROVINCIAL TEAM SELECTION **58TH ANNUAL MEL ZAJAC**



JR. INTERNATIONAL SWIM MEET

JUNE 2 - 4

Jayden Bilous - GOLD Matthew Brough - ROD

Mitchell Brough - ROD

Maclaren Burwell - GOLD

Keiran Dyck - GOLD

Abigail Gebhardt - GOLD

Shea Guest - GOLD Taylor Hebert - ROD

Chloe Hegi - ROD Ethan Hemeon - GOLD

Brayden Hemeon - GOLD Bryce Tierney - GOLD

Ella Howe - GOLD

Annabel Kolman - ROD

Andrew Nghiem - GOLD Alexandria Olfert - ROD

Matthew Syrgiannis - ROD

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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www.reginadolphins.com

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

Thank you to our Sponsors































Pride, Discipline, Loyalty, Commitment and Respect