

Upcoming Events

Prairie Winter Invitational
Winnipeg MB
December 16-20

Christmas Party Future Stars
Invitational
Regina SK
December 18-19

Team Christmas Party
December 21

REGINA OPTIMIST DOLPHIN SWIM TEAM

Weekly Newsletter, November 19, 2021

Black and Green Meet 2 Coach Caitlin

I'm so proud of everyone that attended our last Black and Green meet! It was such a great experience to have our youngest swimmers come together with the support from the Cougars. We had a lot of first experiences for our young swimmers. We came together for a large group activation. They learned to read and prepare for each event and heat. They swam hard and we had a team cheer, and the biggest success was swimming to compete! I witnessed such a wide range of emotions: excitement, determination, and even a few tears. Feeling nervous prior to a swim is completely natural and every competitive swimmer has felt that way (even Olympians!!!). We are very lucky to have the Black and Green meet to introduce young swimmers to competitive swimming. It affords them an opportunity to learn, grow and trust their kicks! It was an amazing experience and I encourage everyone to come out for these. I'd like to say a big thank you to the Cougars, Coach Jordan, and especially to all our swimmers and parents.





50/50



The fall 50/50 is slowly growing, the total is now up to \$645!
Make sure to promote to your family and friends!

[Regina Optimist Dolphins Swim Team \(rods5050.ca\)](http://www.rods5050.ca)

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

News from our Coaches



Head Coach & GM: Craig Nieuwstad
Elite & Cougars
Email: nieuwsycraig@gmail.com

It was like yesterday that we got on the bus to head off to ManSask in Winnipeg on the 12 March 2020 and returned back the following day. Following this, many months have passed and lots of change has occurred but the Dolphin Spirit did not. In our first travel meet since that day we showed what we were about, racing to the last stroke and cheering to the end. Our swimmers were fantastic and the work we have put in the training pool started to show. It was fantastic to add numerous swimmers to the Westerns team, ManSask team and Junior Provincial team, but what mattered more was our spirit on the deck when every Dolphin got on the block.

Before the Saturday night session we spoke about how it is very rare to see a Dolphin on its own. They are always travelling in pods. They travel in pods because they are stronger that way. We are stronger together and as we move onto our December competitions and beyond, I am excited to see what we can do when we truly embrace that mentality.

Coach: Breanna Foster
Prospect & Recreational
Email: Breanna.foster@icloud.com

The prospect group had a successful meet with lots of swimmers making their first ever finals and big best times all around! We focussed on race following strategies and preparing well for our races. We had lots of fun swimming and cheering!

Josh AK: A time 100 breast, 200 breast, 50 free

Jasmine R: AA time 50 back, A time 100 fly, 200 IM, 400 free 50 free

Jane S: A time 200 breast

Josh T: A time 100 free, 50 fly, 50 free

Coaches: Caitlin Danis and Jordan Rodgers
Pre-Competitive
Email: daniscaitlin@gmail.com, jordan.rodgers747@gmail.com

November's Pre-Competitive swimmer of the month
Congratulations Sara A.K.



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Co-op Key Tags



We received more key tags and you can stop by the office to pick one up any time. Use this number when shopping at any of the Co-op stores listed below and help support the team.

REGINA LOCATIONS:

1. Rochdale Crossing <ul style="list-style-type: none">• Food Store/Pharmacy• Gas Bar, Convenience Store, Car Wash	2. Winnipeg St. N. & Ring Road <ul style="list-style-type: none">• Home Centre• Gas Bar, Convenience Store, Car Wash	3. Park & Dewdney <ul style="list-style-type: none">• Gas Bar, Convenience Store, Car Wash (Touchless and Wand Wash), Cardlock	4. 4327 Albert St. S. <ul style="list-style-type: none">• Gas Bar, Convenience Store, Car Wash (Touchless and wand wash)	5. 2925 Quance St. E. <ul style="list-style-type: none">• Food Store	6. 2020 Prince of Wales Drive <ul style="list-style-type: none">• Gas Bar, Convenience Store, Car Wash (Touchless and Wand Wash)	7. Albert St. & Avonhurst Drive <ul style="list-style-type: none">• Gas Bar, Convenience Store, Car Wash	8. 4705 Gordon Road - Grasslands <ul style="list-style-type: none">• Gas Bar, Convenience Store, Car Wash	9. 3801 Albert St. S <ul style="list-style-type: none">• Pharmacy	10. 3799 Chuka Blvd <ul style="list-style-type: none">• Gas Bar, Convenience Store, Car Wash	11. 8501 Dewdney Ave <ul style="list-style-type: none">• Gas Bar, Convenience Store, Car Wash	12. 4560 Parliament Ave - Harbour Landing <ul style="list-style-type: none">• Food Store/Pharmacy	13. 1181 Argyle Ave <ul style="list-style-type: none">• Gas Bar, Convenience Store, Car Wash	RURAL LOCATIONS:	
												14. Emerald Park <ul style="list-style-type: none">• Gas Bar, Convenience Store, Car Wash, Sani-Dum	15. Dysart <ul style="list-style-type: none">• Farm Supply & Keylock	16. Southey <ul style="list-style-type: none">• Food Store• Gas Bar, Convenience Store, Cardlock

Co-op Equity and Cash Back. See Map for locations
www.sherwoodco-op.crs

Fundraising

Please go to our events page to see all the fundraising opportunities at this time. There are Bingo shifts, Rider game shifts, and Agribition shifts you can sign up for. This is a great way to meet other parents and earn money towards your fundraising commitment. 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.

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

[Regina Optimist Dolphins - Fundraising Opportunities \(teamunify.com\)](http://www.teamunify.com)



Co-op Gift Card Fundraiser

Welcome to our Co-op gift card fundraiser. It is simple! Sell Co-op gift cards in denominations of \$25, \$50 or \$100 buy them for yourself, for family or pay it forward and purchase groceries for the community fridge or the food bank. Sell them to friends, family, etc. There is no maximum to the amount that you can sell!

Co op will give back 5% of total sales. 4% will go to your fundraising accounts for those that sold cards and 1% will go back to the team.

Gift cards are accepted at all Western Co-op Food, Gas and Home stores so lots of opportunity to use them.

Please make payment for cards sold via one cheque made out to RODS and turned into the office or send one e-transfer to payment@reginadolphins.com with a note of swimmers name and co-op fundraiser on the transfer.

All orders must be paid for and given to the office by December 10th. No late orders will be accepted.

Cards will be made and handed back to swimmers who sold cards to disburse the week of December 13th.

If you have any questions please email kathleen.eisler@gmail.com

We have attached an order form for ease of keeping track feel free to use it or track in your own way and let us know how many of each denomination you need by the closing date.

Happy selling!

Kathleen Eisler



SALES SUMMARY FORM – Regina Optimist Dolphins

Thank you for participating in our fundraiser! Please return this completed form to the ROD office.

Swimmer / Family Name: _____

Purchaser Name	# of \$25 Cards	# of \$50 Cards	# of \$100 Cards	Total Dollar Amount

TOTAL DOLLAR AMOUNT: _____

Please make your cheque payable to Regina Optimist Dolphins.
E-transfers to payment@reginadolphins.com .

Team Gear

All swimmers need to have a black and a green team shirt to wear at swim meets and team events. If you do not have these yet or need new ones they are available at the RODS office \$30 for two. Also available are swim caps, equipment bags, face masks, water bottles, toques, and 22 Fresh long sleeve SWIM shirts. Stop in Monday through Thursday 4PM-6PM to pick up.



Team Hoodies are in the office, please stop by to pick up

Lululemon

The Lululemon order has arrived. If you haven't picked up yet stop by the office. We also have some extra items that are available for purchase. Please contact the office if you are interested.

Adapted State Jogger size 6 black \$78.59

Wunder Under Tight size 12 camo \$54.39

Love Tank size 6 black \$21.09

Love Tank size 6 white \$21.09

Hotty Short 4" size 4 white \$32.19

Swiftly Tech Racerback tank size 6 black \$32.19

Swiftly Tech Racerback tank size 6 grey \$32.19

Swiftly Tech Tshirt size 10 black \$37.74

Mens Warpstreme ABC Jogger L tall black \$76.59

Birthdays This Week

Grace Buhr, Alex Luo, Astrin Selinger and Tenley Strueby



Swim Meet Chaperones

As we are planning travel meets this season we will be in need of chaperones. If you are interested in chaperoning please email the office to get more information. We have upcoming meets in Winnipeg in December and Saskatoon in February and we'll require chaperones for these trips. Chaperoning is a great way to get to know all the swimmers, get a free trip to an away meet, and you also earn your volunteer points (40 points per day).