

Upcoming Events

AGM

Lawson Classroom 1

Tuesday, November 22

5:30-6:30PM

Lasers 2022 SC Meet

Shaw Centre, Saskatoon

Saturday, November 26

PWI Winnipeg

December 15-18

Knight Archer Winter Solstice Meet

Lawson Aquatic Centre

December 17-18

Christmas Pool Party and Potluck

December 20

Regina Optimist Dolphin Swim Team

Weekly Newsletter, November 18, 2022

Notice of AGM

Tuesday, November 22

5:30-6:30PM

Classroom 1 – Regina Fieldhouse

Please make time to attend the AGM. Review of the year-end financial statement and reports from the President and Head Coach.

The on-deck classroom is booked for the swimmers 6:00-6:30 and Coach Homie will be presenting “Greatest Races”

Canada West Swimming Championships

Good luck to our Cougars swimmers attending CanWest in Lethbridge next weekend

Lasers 2022 SC Swim Meet

We have 28 swimmers attending the Lasers meet in Saskatoon next Saturday. More information will be coming next week.

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 **November 29**.

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

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



Team Gear

We are restocked with team t-shirts in black and green for anyone needing new shirts or hasn't picked them up yet. We also have Dolphins toques available \$20



Upcoming Meets

Prairie Winter Invitational in Winnipeg, December 15-18. Qualified swimmers are signed up. Qualifying times are posted on the event listing. There is still time for swimmers to qualify before the decline date of November 27. Chaperones are still required for this bus meet.

Knight Archer Winter Solstice Meet at the Lawson December 17-18. This meet is for all swimmers in prospect, junior, junior advanced who are not attending PWI. Also all pre-competitive swimmers are encouraged to sign up.

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

Please contact the office if you are interested in chaperoning or finding out more information. It's a great opportunity for the swimmers to be able to travel as a team to meets but they cannot go without chaperones. Chaperoning is a great way to meet all the kids, watch some great racing, have your travel expenses covered, and earn volunteer points (40 points per day).

RODS Hosted Meets this season

Our team is hosting three swim meets this season

Knight Archer Winter Solstice Meet – December 17-18

Regina Winter Classic presented by Stone Bridge Redi-Mix –
January 13-15

Michelle Moore Invitational presented by Regina Orthodontic Group–
May 19-21

We are extremely short of qualified officials for stroke and turn at this time and we NEED parents to become qualified for these positions before the December meet.

There is a Stroke and Turn virtual clinic November 29 from 6-9pm and a Meet Manager clinic November 29th and December 1st from 7-9pm (two parts).

Sign up online to attend: [Login – Swimming Canada](#)

Also we are offering free white (level 1) and red (level 2) officiating shirts for anyone completing their certification by December 1. Shirts are on order and should be arriving soon.



CONTINUE YOUR OFFICIATING TRAINING

active officials can sign up to take the following advancing
FREE virtual officiating clinics this fall:

Sign up online at edu.swimming.ca

Meet Manager

Nov 29 and Dec 1

Stroke and Turn

November 12*

November 29

*In person in Moose Jaw



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THANK YOU FOR VOLUNTEERING!

You are helping to build

#betterlivesthroughswimming



Happy Birthday to Astrin S, Katy J
And Arya V

Christmas Party

Our Christmas pool party is planned Tuesday December 20. There will be fun in the pool followed by a pot luck supper in Classroom 1 Fieldhouse as well as a Secret Santa Gift Exchange. 400-630PM. This will be the last day before the Christmas break.

Contact Us

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

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