

Upcoming Events

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 25, 2022

Canada West Swimming Championships

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

Lasers 2022 SC Swim Meet

Good luck to our RODS swimmers attending the Lasers meet in Saskatoon tomorrow. The bus leaves at 6AM from the Lawson. Here are the livestream links:

Morning Session: 10:05 am start of racing <https://youtu.be/6sU1vwOE-kk>

Afternoon Session: 3:35 pm start of racing <https://youtu.be/ZjGkm1rLQaw>

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)

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



SwimSask Age Group Athlete Assistance Grants

Purpose

To provide financial assistance for monthly club fees and/or competitions for Age Group Competitive Swimmers, aged 18 & under, who show promise and interest in the sport and demonstrate a positive attitude, effort and are coachable.

Eligibility (**APPLY HERE**)

The applicant must be:

- A registered competitive swimmer with a Swim Sask Year Round Age Group affiliated club
- Be a resident of Saskatchewan
- Be born 2004 and later (2005, 2006 etc.)
- Hold at least one current [Junior Provincial "A", ManSask "AA" or Swimming Canada Eastern/Western time.](#)
- Maintain a full-time training and competition schedule as outlined by their club.
- NOTE: Swimmers that have received \$1500 or more from High Performance Athlete Assistance for the 20022-2023 season are not eligilbe to apply for this grant.

Funding Available

There are three pools of funding available for swimmers who have achieved at least:

1. One Junior Provincial "A" time standard (Olympic Stream swimmers). Para swimmers must be Level 1 classified and have not yet achieved any [Junior Para Swimming Provincial Standards.](#)
2 grants of \$500.00 are available.
2. One ManSask "AA" time standard (Olympic Stream swimmers). Para swimmers must be Level 2 classified and have at least one Junior Para Swimming Provincial Standard.
2 grants of \$1000.00 are available.
3. One Swimming Canada "Eastern/Western" time standard
2 grants of \$1500.00 are available

Application Process

NOTE: You do not have to complete application all at once. You can hit save at the bottom of the screen and finish the application later.

A swimmer must:

1. Apply for the grant for which they have the highest time standard at time of application.
2. Complete the application form below, (hit next in bottom right) and clearly demonstrate their interest and promise in the sport of swimming as well as a positive attitude, effort and coachability.
3. Provide training and competition costs for Sept to Dec 2022
4. Provide us with your coach's email address
5. Have your coach complete an online form in support of your application (an email will be sent to your coach from Swim Sask asking for this, once this form is received)
Coach Support Form Link

Swimmer application deadline: January 16, 2023, Noon.

Coach support form deadline: January 22, 2023, Noon.

If you have any questions, please contact Swim Sask at office@swimask.ca.

Incomplete or late applications will not be considered.

Link to the website:

[Athlete Assistance — Swim Saskatchewan](#)

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 a few 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.

Job sign-up will be posted soon.

[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 in so if you haven't picked up already stop by the office to get yours.



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



WWW.SWIMSASK.CA

THANK YOU FOR VOLUNTEERING!

You are helping to build
#betterlivesthroughswimming



Happy Birthday to Tarryn R!

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

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

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect