

Upcoming Events

AGM

Lawson Classroom 1

Tuesday, November 22

5:30-6:30PM

Lasers One-Day Meet

Shaw Centre, Saskatoon

Saturday, November 26

Regina Optimist Dolphin Swim Team

Weekly Newsletter, November 7, 2022

Swimmers of the Month for October

Head Coach & GM: Craig Nieuwstad
Elite & Cougars

Congratulations Matthew S. – Cougars boys



Congratulations Jenna W. – Cougars girls

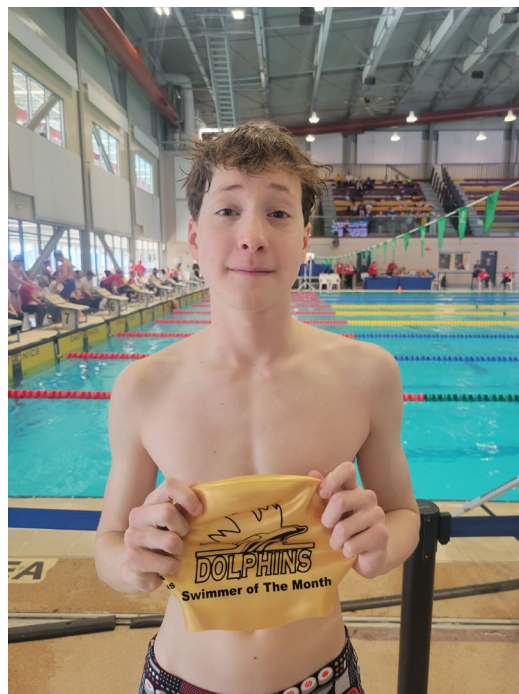


Congratulations Ava H. - Elite



Assistant Head Coach: Mitchell Hebert
Junior Advanced

Congratulations Isaac C. - Junior Advanced



Coach: Breanna Foster
Junior

Congratulations Nathaniel P. - Junior



Coach: Caitlin Danis
Prospect

Congratulations Natalie P. - Prospect



Coach: Jordan Rodgers
Pre-Competitive

Congratulations Aiden K. – Pre-Competitive



Coach: Olena Rashovich
Recreational

Congratulations Georgia H. – Recreational



Fundraising

Please go to our events page to sign up for **Bingo shifts** and **Rider games**. 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** and Rider games are available the whole season through to Grey Cup.

[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)

Remembrance Day – Nov 11

As shown on the updated November schedules there are no practices on Remembrance Day.

Please note schedule changes for this week:

Recreational swimmers can attend on Wednesday 4:45-6:15PM at the University pool

All practices Thursday are at U of R:

Junior & Junior Adv: Dryland 4:30 - 5:15, Swim: 5:15 - 6:30
Prospect & Pre-Comp: Swim: 4:00 - 5:15, Dryland: 5:15 – 6:00



Team Hoodies

Team hoodies order will be going in soon. Last name printed on the back \$45. Deadline for orders will be November 14. Send in your order to office@reginadolphins.com



Upcoming Meets

Lasers One-Day Short-Course Meet in Saskatoon, November 26. This one-day bus meet is open to pre-competitive swimmers to sign up. There should be room for some parents on the bus if you'd like to go up and watch. All prospect, junior, junior advanced, and elite swimmers are signed up. Decline date is November 16.

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 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 \(teamunify.com\)](http://teamunify.com)

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).



Thank you to PuroClean for the Booster Juice coupons. We appreciate you supporting the team with prizes for the team building activities.

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.

Moose Jaw is hosting an **in-person** Stroke and Turn clinic this Saturday November 12th from 9-12noon at Moose Jaw Kinsmen Sportsplex - Meeting room, 855 MacDonald Street West, Moose Jaw, SK.

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

There is also 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



WWW.SWIMSASK.CA

THANK YOU FOR VOLUNTEERING!

You are helping to build

#betterlivesthroughswimming



Notice of AGM

Tuesday, November 22

5:30-6:30PM

Classroom I – Regina Fieldhouse

The on-deck classroom is booked for the swimmers 600-630PM.



Happy Birthday to Isabelle C
and Jesaia S

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