

Upcoming Events

October 23

Sky Park

Elite, Juniors, Prospects

October 29

Halloween Party

November 11-14

45th Goldfin Invitational

Saskatoon swim meet

November 12

Black and Green meet 2

Regina mini meet

REGINA OPTIMIST DOLPHIN SWIM TEAM

Weekly Newsletter, October 22, 2021

Finally our swimmers got to race at a meet!

We were so happy to attend the Fall Breakout meet last weekend, hosted by the Marlins and Flatland. Even though spectators were not allowed this time, hopefully family and friends enjoyed watching the live stream video that was provided.

The swimmers did a great job staying in their team areas and wearing masks on deck. Thanks to our club volunteers for helping out where needed as well. We saw some really great swimming and enthusiastic team support. Swim meet photos will be coming soon.

The pre-competitive and dolphin level swimmers had an equally exciting event in the black and green meet at the University.



Coming soon 45th Goldfin Invitational November 11-14, Saskatoon

Although we are still awaiting meet information, arrangements are in place for the competitive swimmers to travel to the meet. The bus will travel up November 11, and the meet is November 12-14.

For parents planning to attend the meet, the team will be staying at the Hampton Inn Saskatoon Airport, 110 Gateway Blvd.

Online Officials Training



Officials must be at least 14 years and be an active official for this season.
All Clinics will be held **virtually** via the **ZOOM** platform.

Clinic	Date	Time
Stroke and Turn	Wednesday Oct 13	6:15-9:15pm
Starter	Saturday Oct 23	9:00-11:00am
Stroke and Turn	Saturday Oct 23	8:30-11:30am
Meet Manager	Saturday Nov 6	12:00-4:00pm
Stroke and Turn	Saturday Nov 6	8:30-11:30am
Starter	Saturday Nov 20	9:00-11:00am
Trio	Saturday Nov 20	12:00-4:00pm

FREE

**ALREADY AND ACATIVE OFFICIAL?
SIGN UP FOR VIRTUAL CLINICS HERE**

OFFICIAL CLINICS - SWIMMING CANADA
EDU.SWIMMING.CA

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

Wow. What a great feeling we had over this past week. After 18 long months we were finally able to dive in and race. The emotions leading up to and the day of the meet were that of nerves and excitement, but once we were in the water it was like riding a bike. The swimmers showed great team spirit and had the performances to match and it gave the coaches a chance to see where everyone is and where we need to go.

Congratulations to all the swimmers and a special congratulations to the following swimmers:

- Taylor Hebert: Broke an eight-year Cougar record and qualified for Usports in the 200m backstroke.
- Gillian Kimens, Marko Eftimov, and Vina Chen who achieved their first AA times.

Over at the University we hosted the first Black and Green Meet of the season. Our up and coming stars showed off their skills and gave us a glimpse that our future is bright. This Black and Green Meet was also the first time that the entire Cougar team took the lead and will continue to do so and inspire our Pre-Competitive and Dolphin swimmers.

Assistant Head Coach: Mitchell Hebert
Juniors & Recreational
Email: mheb52@gmail.com

We have had a great few weeks of training and we were able to see how the training paid off at the fall breakout meet. Everybody swam very well and I am very proud of all of them. We had AA qualifying times done by Marko, Gillian, Stephanie, Vina, Macy and Alex.

We are looking forward to racing again in a few weeks in Saskatoon.



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



Prospect had a great meet! Lots of best times all around and their excitement to swim fast showed in the races! A highlight was the 50 backstroke on Saturday night- everyone who raced it swam very fast. They did great at following race strategies and focusing on maintaining good technique while swimming fast! Ready to train hard to prepare for the next meet.

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

New A Times

200 Free

Isabelle
Jasmine
Nathaniel

100 Back

Jasmine

200 IM

Nathaniel

50 free

Jasmine

50 back

Jasmine
Nathaniel

Coach: Stacy Clark
Pre-Competitive
Email: srsclark@gmail.com

It was great to see so many young athletes out to the U of R pool for this first Black and Green meet of the season. The children were both excited and anxious for their events to start, but they settled quickly into a racing rhythm. The Cougars were very helpful, cheered and high-fived the RODS youngest swimmers. Thanks for the support! The Cougars were the new favourites since they held all of the candy and treats!!

Our pre-competitive group showed the spectators the skills they've worked on over the last 5 weeks. Backstroke events were first, kicking off with some great streamlines and kids confidently finishing with touches at the wall on their backs. There were even some backstroke flipturns tossed in there, too! Way to go!

While most freestyle racers used their streamline skills to get as much out of their push start as possible, I was very happy to see some really good breathing and fast kicking. We worked a lot on head position and breathing, great job!

Hope everyone enjoyed the demonstration of backstroke and freestyle and we're very proud of the progress your children have made. Make sure you sign up and plan for Green and Black #2 coming in November.



New Pre-Competitive Coaches

Welcome to our two new Pre-Competitive coaches
Caitlin Danis and Jordan Rodgers



Caitlin Danis



Jordan Rodgers

Fundraising

Please go to our events page to see all the fundraising opportunities at this time. There are Bingo shifts and Rider Game 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 \(teamunify.com\)](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)

50/50



You received a separate email this week with information about the fall online 50/50 draw. Make sure to promote to your family and friends!

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

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 and 22 Fresh SWIM shirts. Stop in Monday through Thursday 4PM-6PM to pick up.



Please note that we can make a second order for hoodies for anyone who missed ordering the first time. Please contact the office ASAP.



Lululemon

The Lululemon order has arrived. If you haven't picked up yet stop by the office.

Birthdays This Week

Craig Nieuwstad



Coming soon! Halloween Party Friday October 29!



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 Saskatoon and Winnipeg (and more coming up after Christmas!) 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).