

Upcoming Events

Halloween Party

October 28

University of Regina

Goldfins Invitational

November 4-6

Saskatoon

AGM

Lawson Classroom 2

Tuesday, November 22

5:30-6:30PM

Regina Optimist Dolphin Swim Team

Weekly Newsletter, October 28, 2022

Fall Break Out 2022

It was great to see so many parents step up to help to make sure the meet was able to run smoothly. We had 15 parents help out over the weekend – many of those helping out in more than 1 session.

Erin Harlos
Alkesh Kotia
Kathleen Eisler
Tyler Koyl
Sandi Olfert
Barb Austin
Jim Syrgiannis
Colin Carleton
Leona Stephen
Stephanie Harrington
Julia Dickinson
Orenda Pelzer
Mike Harlos
Shaifee Gupta
Christen Johnson

News from our Coaches

Head Coach Craig, Cougars and Elite

Congratulations to all the swimmers at the Fall Breakout. It was very exciting to begin the season with many personal bests. This is just the beginning and we will work to improve on our skills, endurance and speed as we move onto the next step of our journey. A shout out to all those swimmers who experienced their first taste of competitive swimming, you all did so well.

Thank you to all our parents who gave up their weekend to help officiate. Without you we cannot hold any competitions for our swimmers. Also a big thank you to all the supporters who came out and cheered on our swimmers.



Assistant Coach Michelle, Junior Advanced

The Junior Advanced group did a really great job at the meet last weekend. I think the meet gave us a solid foundation for the start of the season which will present the opportunity for some amazing swims in the coming months. It was very refreshing to see the group back racing! I am super excited and looking forward to seeing what the season has in store for us!

Coach Breanna, Juniors

As always, I am very proud of all the swimmers who competed at the Fall Breakout meet this past weekend. The Junior group had a great first meet of the season. There were lots of huge best times, crushing times from last season after all the hard work put in this season so far. All Junior swimmers competed in the 800 and did amazing; moving forward we will work on learning to push ourselves hard even on daunting distance races. Lots of swimmers shaved off a lot of time, putting them closer to their AA or other time standard goals. Some Junior swimmers also re-qualified for Man/Sask by making their AA times.

Halloween Practice, October 31

Junior Advanced, Junior, Prospect, and Recreational will all train 4:00-5:30 at the Lawson and there will no Dryland so they can go trick or treating. Pre-Competitive will swim 4:45-6:00 at the U of R

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)

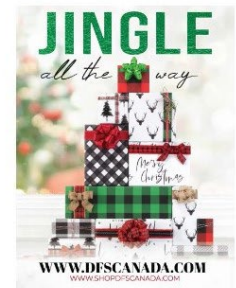
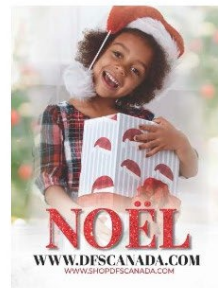
[Regina Optimist Dolphins - Fundraising Opportunities \(teamunify.com\)](https://www.teamunify.com/Regina-Optimist-Dolphins-Fundraising-Opportunities)

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DFS

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Go to 'Online Shopping' at the top
Click 'Participant Registration' to register
Our 'Organization ID' is 7950.



So many great products, something for everyone. Get started on your Christmas shopping now and also raise fundraising dollars.

Goldfins Invitational

Goldfins Invitational is next weekend in Saskatoon, November 4-6. We have 34 swimmers attending. Thanks to Chaperones Kathleen Eisler and Leona Stephen. The bus will leave 6AM on Friday from behind the Lawson. Further details for the weekend will be coming next week.

Other 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).

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 will need qualified officials for many positions as well there are positions that require no training. We are looking for a volunteer at this time who would like to be in charge/organize the raffle table

This volunteer position would require planning before the meets and offer 100 volunteer points per meet. Please contact the office if you would like more information.

There are stroke and turn clinics coming up November 1 and November 29. 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.

Find all information at the Swim Sask website

[Officials — Swim Saskatchewan](#)

Also we are offering free white (level 1) and red (level 2) officiating shirts for anyone completing their certification by December 1.



FALL 2022 VIRTUAL OFFICIALS CLINICS

STROKE AND TURN

OCT 2, 9-12NOON

OCT 5, 6-9PM

NOV 1, 6-9PM

NOV 29, 6-9PM

CFJ/CJE/RS

OCT 2, 1-5PM

OCT 30, 9-1PM

STARTER

OCT 5, 7-9PM

OCT 30, 2-4PM

MEET MANAGER

OCT 2, 830-1230PM

NOV 29 AND DEC 1, 7-9PM

SIGN UP NOW



DAKTRONICS

#BETTERLIVESTHROUGHSWIMMING



Have bottles? The Elite group and Cougars are collecting bottles this weekend to fundraise for their Winter Training Camp.

If you have bottles you'd like to donate - email us at office@reginadolphins.com and we will pick them up!!

If you prefer to drop off, please do so at St Francis School (45 Mikkelson Drive) between 1-3PM Saturday.

Thank you for supporting our athletes!

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