

Upcoming Events

RODS Golden Gala

October 15

Fall Breakout

October 21-23

Regina Optimist Dolphin Swim Team

Weekly Newsletter, September 23, 2022

Our Coaches for the 2022/23 Season

THANK YOU COACH



CRAIG NIEUWSTAD
HEAD COACH



"My favorite parts of coaching are building relationships with swimmers, helping them achieve their potential and become the best humans possible."



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THANK YOU COACH



MITCHELL HEBERT
JUNIOR ADV. & COUGARS



"My favourite part of coaching is helping swimmers achieve their goals & grow their love of the sport."




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THANK YOU COACH



HOMAYOUN HAGHIGHJADID
ELITE & COUGARS



"My favourite part of coaching is to change lives & help my athletes to achieve their potential."



www.reginadolphins.com

THANK YOU COACH



CARMEN AGAR

STRENGTH & CONDITIONING

"My favourite part of coaching is teaching success habits & mindset for swimming & for life."



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THANK YOU COACH



BREANNA FOSTER

JUNIOR

"My favourite part of coaching is helping swimmers who always want to improve & the energy that they bring to the pool each day."



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THANK YOU COACH



CAITLIN DANIS

PROSPECT

"My favourite part of coaching is the community & team spirit & helping swimmers achieve their goals."



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THANK YOU COACH



JORDAN RODGERS

PRE-COMPETITIVE

"My favourite part of coaching is I get to share my love of swimming with the future generations just like my coach did with me."




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THANK YOU COACH



OLENA RASHOVICH

RECREATIONAL

"My favorite part about coaching is being able to share the sport I love so much with our swimmers and helping them achieve all of their goals while having fun."




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RODS Golden Gala Awards Night

The Gala is Saturday October 15 and this is a night everyone should attend - all swimmers and families and alumni are invited. You will find sign up for tickets on the events page. Please make note of how many tickets you need. You can also email the office.

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

This is a great evening to get together for a fun social event and celebrate the accomplishments of the past season. There are many awards to be given out, gifts for all swimmers, and there will be a silent auction table as well (items or gift baskets are greatly appreciated).

A big thank you to our sponsor Prairie Skies Medical Imaging.



JOIN US FOR THE
GOLDEN GALA
DOLPHINS AWARDS NIGHT

OCTOBER

15

5:30PM

A night not to be missed! Swimmers and families get dressed in your finest for an enjoyable evening as we recognize our accomplishments of last season.

Cocktails, dinner and awards

Multipurpose Room, University of Regina

50th Anniversary of
The Regina Optimist Dolphins Swim Team

Old Dutch Chips Fundraiser

Just in time for Halloween, we have an Old Dutch chips fundraiser next. Please see last week's newsletter for order forms. We must have all orders in by September 29.

Halloween packs include 24 packages and sell for \$10.
Hampers include 6 assorted large bags and sell for \$30.
A great way to earn fundraising for your account, perfect timing for Halloween.

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 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. **New 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/events/Regina-Dolphins-Swim-Team)

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

Fall Officials Clinics

Want to get a jump start on the new season sign up for VIRTUAL OFFICIALS' CLINICS!

Activate your officials account for 2022-2023 here:
<https://form.jotform.com/222145124834247>

Become an official here: <https://form.jotform.com/222145124834247>

Access FREE training (e-modules and virtual clinics) here: <https://edu.swimming.ca/index.php?page=225>

There are courses coming up soon, sign up today!

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

CONTINUE YOUR OFFICIATING TRAINING

active officials can sign up to take the following advancing

FREE online e-modules:

Take online at edu.swimming.ca

Clerk of Course

Chief Timekeeper

Safety Marshall



**SIGN UP
NOW**

THANK YOU FOR VOLUNTEERING!

You are helping to build
#betterlivesthroughswimming



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

Stroke and Turn

October 2

October 5

November 1

November 29

Starter

October 5

October 30

CFJ/CJE/RS

October 2

October 30

Meet Manager

October 2

Nov 29 and Dec 1



THANK YOU FOR VOLUNTEERING!
You are helping to build
#betterlivesthroughswimming

SIGN UP NOW

GET STARTED OFFICIATING



Become an official and start your training with online e-modules:

Intro to Swim Officiating and Safety Marshall clinics.

Available to active officials online at edu.swimming.ca



SIGN UP NOW

THANK YOU FOR VOLUNTEERING!
You are helping to build
#betterlivesthroughswimming



Fall Break Out 2022

The first meet of the season, hosted by Regina Marlins at the Lawson Aquatic Centre, will be held October 21-23.

Sessions will be Friday 430PM and Saturday 830AM and 430PM for ages 11 and over. Sunday 930AM will be ages 10 and under only.

All swimmers in prospect, junior, junior advanced and elite are signed up. Decline date is October 5. Swimmers in pre-competitive and recreational must sign up by October 5 if they would like to attend.

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

RODS Hosted Meets this season

Our team is hosting three swim meets this season

Christmas Party Meet – December 17-18

Optimist Cup – January 13-15

Michelle Moore Meet – May 19-21

We will need qualified officials for many positions as well there are positions that require no training. We are looking for volunteers at this time who would like to

- 1- be in charge/organize the hospitality room
- 2- be in charge/organize the raffle table

Both of these volunteer positions would require planning before the meets and offer 150 and 100 volunteer points per meet. Please contact the office if you would like more information.

Team Photos

Order forms can be picked up and dropped off at the office next week for those that did not hand in on Friday. Payment can be sent by e-transfer to payment@reginadolphins.com or added to your account.

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
Resuming September

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect
