



Regina Optimist Dolphin Swim Club

Pride, Discipline, Loyalty, Commitment and Respect
 “One Team One Dream”

04/22/2016

Weekly News

www.reginadolphins.com Office: 306 586 3909 office@reginadolphins.com



Swimmer named to National Team

Upcoming Events

Click event for more information

Lasers Septathlon

Saskatoon, SK
 April 23

Jessica Deglau (JDI) Meet

Vancouver, BC
 April 28-May 1

Arena Pro Swim Series

Charlotte, NC, USA
 May 12-15

Officials Training University of Regina

Saturday May 14

RODS Cabaret

Saturday May 14

Team Building

May 19

Michelle Moore Meet

May 26-29
 Home Meet

Georgina Syrgiannis

Swim Marathon
 Saturday June 4

“A” Provincials and Jr. Cup (LC)

Swift Current, June 10-12

ManSask (LC)

Regina, July 7-10

Swimming Canada has announced swimmers selected to nation teams. RODS swimmer Brian Palaschuk will represent Canada on the Pan Pacific Championship Team in Maui, Hawaii in August 2016. [Read announcement here...](#) Canadian Swim Coaches Association (CSCA) announces 67 coaches placed swimmers on National Teams, our Head Coach Abderrhamane Tissira included. [Read more...](#)

Congratulations Coach Tissira and Brian!

A second male athlete of 2015-16 has been named. This time by Saskatchewan Special Olympics who has named Michael Qing, the male athlete of the year for 2015-16. This award was presented April 10th at a banquet held in Regina. [Read more about this on Page 2...](#)

2016 is the year for the Saskatchewan Summer Games. This year Estevan, will host the multi-sport games. [More information on page 4...](#)

We welcome to our club the new swimmers who have begun training in recent weeks. Swimmers have joined our Bronze, Gold, Junior and Senior Squads. Swimmers can register with the club at any time within the season. Contact a coach or the RODS office for more information or to schedule an assessment.

This week’s GS Marathon Prize Winner is winner is Marie-Eve (Mev) Daschuk. Mev received a donation from her sister, Dominique, who goes to school in St. John's Newfoundland & Labrador. From the Memorial University of Newfoundland campus, where she resides, to the Lawson Aquatic Centre, is 5372 kilometers. Congrats Mev!! **NEW DATE: JUNE 4th!** [For this week’s GS challenge see page 4!](#)

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RODS Weekly News

Training Camps a Success

RODS swimmers have been training with our Provincial Coach at Prospects West in Toronto and Swift Current in recent weeks.

Swimmers are chosen to attend these Provincial Camps based on pre-determined selection criteria.

The camps are an opportunity for swimmers and coaches to gather with other clubs and train together.

Prospects West this year was held in conjunction with the Canadian Olympic and Para Olympic Trials. Swimmers trained and had the opportunity to observe Finals at Trials. One swimmer provides insight into their experience:

“First off, I thought the hardest part would be the training; changing everything about my swimming and trying to remember every single details that would be changed. Don’t get me wrong, changing this like head position, the way I pull and my turns in fly were challenging, a single word, doesn’t describe the experience of watching...Watching Trials was literally watching dreams either come true or be broken. I have never seen anything so cut throat before in my life. It really opens your eyes to the sport and it’s just an amazing thing to see. Lastly, it was cool learning how much your decisions count in swimming... Everything is taken into account: what you eat, how you activate, whether you’re at the front of back of your lane. Being under that close of watch was something you can’t forget, as the entire experience itself was. I’m happy I got to be there.”

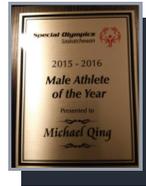


RODS Swimmers at Provincial South Youth Camp in Swift Current on April 17th—“Getting Serious!”

Michael Qing—Regina, SK— Male Athlete of the Year (continued)...

Michael trains with our Senior Squad. Unfortunately he was not in attendance to accept his award personally as he was competing at the Canadian Paralympic Swimming Trials where he swam Personal Best Times in 3/4 of his events and qualified to swim “A” Finals in all 4 events. Last week, Noah Choboter

received the University of Regina’s Male Athlete of the Year for 2015-16. Congratulations to both Michael and Noah!



The following is an excerpt from the SOS program Awards Banquet April 9, 2016:

“Michael began swimming with Special Olympics when he was 7 years old, and since then he has developed an ongoing passion for the water and competing in aquatics. Michael is extremely self-disciplined and trains seven days a week in both Special Olympics and generic swimming programs. The incredible dedication has allowed him to be one of the most decorated athletes in our organization, where he has broken countless records, personal bests and has come out on top in many competitions he has competed in, including, bringing home a Bronze, Silver and Gold medal from the 2015 SOI World Summer Games. He is a leader and always offers to help our during practices. Over the years, he has become more confident in his abilities and shines in any challenge set in front of him, Michael has a great personality and is joy to coach, He is one of the first athletes to cheer on and encourage others and truly celebrates the achievement so his teammates. Michael is the embodiment to what Special Olympics stands for and is amazing athletes. He shows respect to his fellow athletes and coaches and the true meaning of sportsmanship.”



GEORGINA SYRGIANNIS
— swim marathon —

presented by

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SWIM MARATHON

New Date!

Saturday, June 4th , 2016!

6:30-7:30am Lawson Aquatic Centre

followed by Pancake Breakfast sponsored by Track's Café



Swim Marathon Registration:

\$100 (17 and over) \$50 (16 and under)

Includes event swim cap, pancake breakfast,
2 complimentary Cabaret tickets (May 14th) & prize draws!

Support the RODS and the Regina Palliative Care Inc!

A portion of the proceeds will be donated to the Regina Palliative Care Inc. in loving memory of Georgina Syrgiannis; an amazing swim Mom, board member and volunteer, who lost her battle with cancer this past July.

[Register Online](#) or call 306.586.3909 or [Donate Online](#)

Start your day off with a Swim!

Georgina Syrgiannis Story: The woman who inspired the newly named GS Swim Marathon

The Syrgiannis family joined our RODS family in 2013 after moving from the Marlins club. Their first RODS activity was the Terry Fox Run. Some of our members already knew Georgina and had the pleasure of working with her during their time together at the Marlins. For many of us though, it was the first time we met Georgina, running with Matthew, big smile on her face wearing her red Terry Fox cancer survivor shirt.

Georgina quickly became an active member of our club, helping to secure a substantial sponsorship with DirectWest for the RODS Athletic Excellence FUNd, volunteering and helping out wherever and whenever asked. On her first trip with the team as a chaperone, 3 swimmers had to be taken to the hospital ER. The other experienced chaperones and board members attending the meet all had fun teasing her mercilessly that she was the bad luck. As usual, she took it all in stride and continued to chaperone meets, always ultra cool, super organized and a favourite with the kids. She designed the beautiful promotional RODS postcard and the new logo for the Michelle Moore International Swim Meet. In 2014, after much persuasion, Georgina agreed to volunteer in a much more demanding role as a Board member.

This Week's GS Swim Marathon Fundraising Challenge:

The swimmer who gets a donation from the person with the longest name (can be first or last name). Email your donors name (correct spelling) and donation amount to sandraking@sasktel.net to be entered to WIN!!!

There are so many stories we could share to shed light on her character, strength and commitment to our club and sport, but I think the two best examples were behind the scenes events that occurred during swim meets. The night before the first swim meet hosted by the Marlins at the Lawson after the air quality issues were fixed, it was discovered that the electronics were not working properly. Georgina stayed at the pool till 2:30am working in Cloud 9 to make sure everything was up and running smoothly the next day for the kids & volunteers. And, even after Georgina became ill again and was undergoing treatments and really not feeling well, she still managed to work some shifts in Cloud 9 at the Michelle Moore Meet last May, a testament of her selflessness and strength.

Georgina passed away on July 1st, 2015 at the age of 45.

In September 2015 we dedicated our annual run at the Terry Fox Run to Georgina, released balloons in her memory, collected pledges for cancer research and ran alongside Matthew and Jim as a sign of support. We will continue our club tradition of participating in the Terry Fox Run to honour Georgina, Michelle Moore and other members of our RODS family who have been impacted by cancer.





Regina Optimist Dolphins Swim Club
Box 1964, Regina, SK S4P 3E1
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Silent Auction Donation Request
Regina Optimist Dolphins Swim Club
RODS Cabaret - Saturday May 14, 2016
8:00pm-1:30am
Turvey Centre, Regina

The Regina Optimist Dolphins Swim Club is Regina's leading swim club with a membership that includes over 200 swimmers in pre-competitive, competitive and junior development programs for children new to the sport, para swimming program for individuals with intellectual and/or physical disabilities and a varsity program with the University of Regina Cougars.

Every year the club hosts a cabaret with a live and silent auction as its major fundraising initiative. Along with live music by Slow Motion Walter, 50/50's, camaraderie, and chances to win with wine pulls, whiskey wagon and 365 days of beer. This year the Cabaret is expected to host well over 500 people. We are requesting your help to make this year's fundraiser a huge success by donating an item that we can use in either the live or silent auction or making a cash donation in support of the Regina Optimist Dolphins Swim Club Cabaret.

Who We Are:

The Regina Optimist Dolphins Swim Club is a non-profit swim club based at the Lawson Aquatic Center in Regina, Saskatchewan. The Regina Optimist Dolphin Swim Club exists to develop each swimmer to his or her fullest potential through quality programs. We are dedicated to excellence in life and sport skills through pride, discipline, loyalty and commitment.

For more information please contact:

Nannette Choboter
President
Regina Optimist Dolphin Swim Club
Ph: 306-537-2263
Email:nchoboter@sasktel.net

Thank you for your support!

The Regina Optimist Dolphins Swim Club
Pride, Discipline, Loyalty, Commitment and Respect

Regina Dolphins Swimming Club - Presents

Get ready
for next
season

Early bird sign up.
Sign up by the
End of Michelle
Moore Meet and
get 4 weeks for \$300

ONLINE REGISTRATION
OPENS APRIL 25TH

Summer Swim Camps

Weekly Stroke Camps

July 4-7 - Breaststroke

July 11-14 - Backstroke

July 18-21 - Butterfly

July 25-28 - Freestyle

Email: office@reginadolphins.com Phone: 306 586 3909

Venue: to be confirmed

Pricing

Any 1 week \$100
Any 2 Weeks \$185
Any 3 Weeks \$270
All 4 Weeks \$320

Camp includes

3x 1/2 days of camp (M/Tu/Thu 9am-12 tbc)
Guest Coaches from High Performance swimmers
Dryland exercise and games
Wednesday Activity Day (extra fee)



2016 Saskatchewan Summer Games

Athlete selection criteria for swimming at the 2016 Saskatchewan Summer games is now available.

The selection criteria has changed from 2012; take the time to read the [Selection Application/Criteria here](#) if you are age eligible.

Tour Dates: July 28 - 30, 2016

Location: Estevan Saskatchewan

Number of Swimmers per District:

8 Male and 8 Female

Age as of first day of competition- July 28th, 2016

Female - 11 to 14 years of age

Male - 12 to 15 years of age

CONGRATULATIONS!

All swimmers who register for Spring Session of Junior Dolphins Learn to Swim lessons before March 31st had their names entered to win:

1 of 20 Junior Dolphins "Super Power" t-shirts and a Grand Prize Basket (RODS gear and water bottle, goggles, kick board, dolphins stuffie and towel)



Prizes were distributed to the swimmers during regular lessons during Week 2 of Junior Dolphins to the following WINNERS:

Grand Prize:	Dominique
Tshirts	Lucia
	Savanna
	Bella
	Zoey
	Lily
	Joshua
	Nathaniel
	Tyson
	Benjamin
	Jesse
	Alyssa
	Sophia
	Isabelle
	Abigail
	Mason
	Audie
	Rhett
	MaryAnn
	Anna
	Vince

2015-16 Season SPONSORS

