



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

04/29/2016

Weekly News

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Long Course Continues in Vancouver

15 swimmers are in Vancouver this weekend competing at the Jessica Deglau meet at UBC. Follow our team on meet mobile.



The swim season has turned to Long Course Competition. Long Course training and competition takes place in an Olympic Sized pool, 50 meters. Long Course is an important part of the season for competitive swimmers as World Championships and Olympics are Long Course only ([read more on page 3](#))

There are schedule changes affecting all swimmers May 2 -14. Please see page 2 for the schedule changes.

The next month is a busy time for our club as we host our Cabaret (May 14); an officials clinic (May 14); Family/Team Potluck Picnic (May 20); the Michelle Moore International Meet (May 26-29) and the GS Swim Marathon (June 4). [For details see page 4.](#)

There is a great motivational swimming quote circulating right now that all swimmers should read...find it [on page 5.](#)

Upcoming Events Click event for more information
Jessica Deglau (JDI) Meet Vancouver, BC April 28-May 1
Schedule Changes May 2-14
Arena Pro Swim Series Charlotte, NC, USA May 12-15
Officials Training University of Regina Saturday May 14
RODS Cabaret Saturday May 14
Team (Family) Potluck 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

What's Inside	
SCHEDULE CHANGES	page 2
Rider Game Volunteer Training	page 3
GS Marathon weekly Challenge	page 3
Cabaret	page 4
Michelle Moore Home Meet	page 4
Officials Training	page 4
GS Marathon	page 4
Family/Team Potluck	Page 4
Motivational Quote	Page 5
Summer Swim Camp	Page 6
Sask Summer Games	Page 6



RODS Weekly News

SCHEDULE CHANGES (May 2—14, 2016)

Synchro and Diving competitions will be held at the Lawson over the next two weeks.

These competitions will affect our regular training schedule.

See revised schedule following for these two weeks:



Week 1 (May 2nd to 7th)

- Junior Dolphins:** No lessons Thursday May 5th
- Bronze:** Tuesday regular schedule and Wednesday 4:00–5:30pm*** instead of Thursday
- Silver:** Tuesday regular schedule and Wednesday 4:00–5:30pm*** instead of Thursday
(No training Saturday 7th)
- Gold:** Monday and Wednesday regular schedule and Tuesday 4-5:30pm*** Instead Friday
- Age Group:** Monday and Wednesday regular schedule and Tuesday 4-5:30pm*** instead of Friday;
Saturday 1-3pm at U of R with Junior and Prospect

Prospect and Over, please see schedule below:

***(4-5pm water + 30min Dryland)

Week 2 (May 9th to 14th)

Bronze, Silver, Gold and Age group: Regular Schedule

Prospect and over, please see Schedule below:

		Senior Nat	Senior Dev	Junior Nat	Junior Dev	Prospect Nat	Prospect Dev
Thursday 5th	am		5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30
	pm	2:00-4:00					
Friday 6th	am	9:00-10:30	6:15-7:30	6:15-7:30	6:15-7:30		
	pm	1:30-3:30					
Saturday 7th	am	7:15-9:00	7:15-9:00	1-3pm**	1-3pm**	1-3pm**	1-3pm**
Friday 13th	am	6:15-8:15	6:15-8:15	5:30-7:30			
	pm	1:30-3:30		4:00-6:00	4:00-6:00	4:00-6:00	
Saturday 14th	am	7:15-9:00	7:15-9:15	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00

5:30-7:30 Widths at Lawson

U of R

** Triathlon

Long Course vs Short Course Season continued

In Competitive swimming you will find that your swimmers have two best times for the events they have swum—one is for short course meters (SCM—25m) and the other is for long course meters (LCM—50m).

Long Course meets that our club will compete at include: Chinook Invitational; JDI; Michelle Moore as well as the A Provincials/Jr Cup and ManSask; Arena Pro Series; Age Group Nationals; Summer Nationals and PanPac Championships. (see the [Coming Events Section](#) for more meet information).

Voluntary Fundraising Opportunity at Saskatchewan Rough Rider Home Games



We are looking for those of you who are interested in 'working' Rider games as a way to fundraise for your swimmer's account and team!

If you would like to 'work' on the practice field or inside, you will need to register for the following course (if you took the online course— SIRS, you don't need to take this course).

The 2 choices are Sat. May 7th, 1-5 pm **or** Tues. May 17, 5-9pm. Course will be held in the Green and White lounge.

To register please contact Leigh Spence by **Monday May 2nd** at mlspence@accesscomm.ca indicating your preferred day.

Once shifts are available for the season we will make them available on our website for job-sign up. Stay tuned!

This Week's GS Swim Marathon Fundraising Challenge:

Write a paragraph about why you love you being a part of the RODS team!!

Send entries to

sandraking@sasktel.net for your chance to WIN!

First place: a SPEEDO back pack

2nd place: water bottle and cap!

One winner will be chosen and announced in our next newsletter!

Join Us!
Regina Optimist Dolphin Swim Club
Cabaret Fundraiser
 Tickets \$10 each

Date: Saturday, May 14, 2016
 Time: Must be 19 years of age to attend
 8:00pm - 1:30 am (Bar Closes at 1:00 am)
 Place: Turvey Centre Event Park
 Band: Slow Motion Walker

OPTIMIST
 SWIMMERS
 Proud of Youth

Entertainment • Silent Auction
 50/50 Draw • Live Auction

CABARET Fundraiser
Saturday May 14, 2016
Featuring Slow Motion Walker
Tickets Available from RODS Swimmers!
Or stop by the RODS office
or call 306.586.3909

Officials Training

OUR CLUB IS HOSTING TWO OFFICIALS CLINICS
MAY 14TH
 WE ARE OFFERING LEVEL 1 CLINIC (TIMER KEEPER) & INSPECTOR OF STROKE/TURNS CLINICS.
[REGISTER NOW!](#) [REGISTER HERE!](#) (CLICK FOR SIGN UP)
BECOME TRAINED!!!

Swim meets are an essential part of the sport of swimming, allowing athletes to test their skill and reach their swimming goals!

Swimming officials implement the technical and administrative rules of swimming, and ensure the competition is fair for all athletes. Officials' positions are filled by volunteers including parents, family members, and individuals dedicated to the sport of swimming. To qualify as a swim official, individuals attend classes, receive on-deck training, and are certified by Swim Saskatchewan.

Officiating at meets relies heavily on parents participating as officials. In fact, a swim meet will not run without the assistance of certified parents. Many parents complete the Level 1 Introduction to Officiating Clinic and the Stroke and Turn Clinic and spend their time on-deck as Timers, Head Lane Timers, Stroke Judges or Turn Judges. However, all volunteers are encouraged to move beyond these entry-level positions. Being certified beyond these positions will add variety to the volunteer experience and help fill an ever-present need to develop deck officials.

A reminder that the RODS Volunteer Policy for 2015-2016 swim season, states that each competitive family agrees to volunteer for officiating, office work, clothing sales, or food service for a minimum of 15 sessions at the RODS hosted swim meets. This minimum has been calculated to ensure all of the sessions have enough volunteers.

Swim Officials

For most of the meets we host in our pool, the following officials are on-deck at each session:

- Referee: 1 or 2
- Starter: 1 or 2
- Clerk of Course: 1 or 2
- Chief Timekeeper: 1
- Chief Finish Judge/Chief Judge Electronics: 2
- Head Lane Timer: 8
- Turn Judge-turn end: 4 - 8
- Stroke Judge: 4
- Timers: 8 - 16

This gives you an idea of how many people are needed for each session, and how important it is that you take the clinic and become certified. Officiating is a great way to be involved, meet other parents from your club and from other clubs, and watch the swimming. Officiating at meets is a rewarding way to be involved in the sport while your children are involved in swimming. Becoming certified as a referee is a rewarding experience and staying involved in the sport.

Mark your Calendars! Join us!

The next few weeks offer many important events for our team. We ask you take the time to sign up now for officials training; buy/sell tickets for the cabaret; sign up for the family potluck supper; commit/decline to swim the Michelle Moore Meet and sign up for 'jobs'; fundraise for the GS swim marathon! Click the images for more information!

POTLUCK PICNIC

2nd RODS Team Picnic
 Please sign up before Friday May 13th
 Friday May 20th, 2015 at 5:30PM
 (Swimmers, Coaches & Parents)
 Green space off pool deck at Lawson

The RODS family invite you for the 2nd TEAM Picnic, it's great opportunity to meet the coaches and other members in the Dolphins family. Please come and join us and share GOOD times, GOOD food and GREAT company

We ask each different group to provide a Pot Luck Item:
 Jr Nat, Sr Dev, Sr Nat: Salads (Pasta Salad, Grain, etc) & Dessert (cake & Fruits)
 Prospect Nat, Prospect Dev, Age Group and Jr Dev: Cold Meats & Drinks
 Pre Competitive (Bronze, Silver and Gold): Bread & Cheese

If you have any question, please contact us: rods@reginadolphins.com

REGINA OPTIMIST DOLPHINS SWIM CLUB
 PRESENTS
MICHELLE MOORE
 INTERNATIONAL SWIM MEET
 MAY 26 -29TH, 2016 REGINA, SK CANADA

Hosted by REGINA OPTIMIST DOLPHINS SWIM CLUB RODS

LAWSON AQUATIC CENTRE REGINA, SASKATCHEWAN

SUPPORTED BY: SASKATCHEWAN LOTTERIES

New Date!

GEORGINA SYRGIANNIS
 Swim Marathon
 presented by mysask411

SWIM MARATHON
 Join the RODS Swim Team for an hour long marathon!
Saturday, June 4th, 2016!
 6:30-7:30am Lawson Aquatic Centre
 followed by Pancake Breakfast sponsored by Track's Café

Swim Marathon Registration:
 Non Rod Members: \$100 (17 and over) \$50 (16 and under)
 RODS members (See website)

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!

“That’s too hard.”

“I can’t do it.”

“I don’t feel like doing it.”

“I’m tired.”

“You’ve said these things, either out loud or to yourself. I know I have. I’ve heard them on deck with the youngsters, and in the body language of adults.

(We never seem to outgrow doubt and frustration, it seems.)

Struggling is frustrating.

Not seeing the results you want is hard.

And training your butt off only to add time at the big meet is pretty much the worst...

But if you want success in the water...

If you really want to see what you are capable of...

You need to put your head down and swim another lap.

Why Should I Keep Trying?

There are a ton of reasons I could give you for why you should keep working hard, even though you aren’t seeing the results you’d hoped for.

The world deserves your best and nothing less.

In fact, you deserve your best and nothing less.

So put your head down and swim another lap.

Who said it was supposed to be easy?

You mean I have to work hard for the things I want?

I want to say that it would be great if we didn’t have to work hard for the things we really want...

But I would be lying.

If we didn’t have to work hard for something it’s hard to give it any value.

So put your head down and swim another lap.

“I don’t think I can do it...”

These thoughts are natural.

We all get them.

It’s whether we give them credence.

When you are feeling this way...

...you guessed it...

Put your head down and swim another lap.

See you in the water,”

~ Olivier Leroy

(more about the author here and more great motivational articles)

Regina Dolphins Swimming Club - Presents



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)



Looking for something for you young swimmer to do in the summer?

These Summer Camps provide that, providing a fun engaging camp in the mornings and still allowing time to play in the afternoon. With an eye on technique these are a 'step up' from their regular swim lessons. The focus of the Regina Dolphin Summer Camps is on the importance of proper swimming stroke technique, to make your

Our Coaches: Our experienced coaches are either previous or current competitive swimmers and are current members of the coaching staff in years past.

Top 10 Reasons Why Your Swimmer Should Join the Regina Dolphins Swim Club Summer Camp:

- 1) It's Super fun!
- 2) Great introduction to competitive swimming
- 3) Learn from experienced coaches and swimmers
- 4) Improve swimming techniques
- 5) Build fitness and endurance
- 6) Be part of one of the best swim clubs in Canada
- 7) Meet new friends
- 8) Create a healthy lifestyle
- 9) Keep active over the summer
- 10) and remember - It's never too early to start training for the 2024 Olympics

REGISTRATION OPTIONS:

Week 1 - 4-7th July breaststroke
 Week 2- 11-14th July - backstroke
 Week 3- 18-21st July - Butterfly
 Week 4- 25-28th July - Freestyle

Summer Swim Camp for:
 Pre-Competitive (Bronze, Silver, Gold) and Prospect Dev Swimmers! Junior Dolphins Swimmers in Fish and Dolphins levels can join too!

Bonus - EARLY BIRD SIGN UP - If sign up before end of michelle moore meet 4 weeks from \$300

REGISTER TODAY!
CLICK HERE TO REGISTER!



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 and Male - 12 to 15 years of age



2015-16 Season SPONSORS

