



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

03/16/2016

Weekly News

www.reginadolphins.com Office: 306 586 3909

Find us on:



Upcoming Events

Click event for more information

Junior Dolphins
 Spring and Summer
 Registration Is OPEN

ManSask (SC)
 Saskatoon
 March 17-20

Black and Green Intramural
 March 25th

Easter Break
No Training
 March 28-April 2

Lasers Septathlon
 April 22-24

Chinook Invitational
Swift Current
 April 9/10

Swim Meet TBC
 May 5-8

Arena Pro Swim Series
 Charlotte , NC, USA
 May 12-15

Georgina Syrgiannis Swim Marathon
 RODS Cabaret
 Saturday May 14

Michelle Moore Home Meet
 May 26-29

KICK OFF begins today!



Today marks the ‘kick off’ to our annual Georgina Syrgiannis Swim Marathon Campaign (formerly known as the Swim 60 challenge).

Every swimmer in our competitive club is involved! Get started to today collecting donations in support of our team. All swimmers will challenge themselves to swim as far/as many laps as possible in a designated amount of practice time on **Saturday May 14, 2016.**

There are prizes! Incentives! Fun!
 Each swimmer will create a personal page to promote the online campaign. If you would like to use your RODS team headshot email office@reginadolphins.com
 More details on page 2.

Let’s make this year a GREAT SUCCESS!

Proud Member of:



What’s Inside

GS Swim Marathon	Page 2
ManSask	Page 3
Countdown to Olympic Trials	
Michael Qing	Page 4
Eva Madar	Page 5
Team Building	Page 6
Cabaret	Page 6
Thank you (RMSC)	Page 6
Special Olympics	Page 6
ManSask Volunteers	Page 6



Georgina Syrgiannis Swim Marathon

May 14th, 2016



2016 Georgina Syrgiannis Swim Marathon kicks off today with "The Ultimate 10 Day Challenge"! Our club goal for this year is \$25,000 and we have 9 weeks to fundraise it! Starting today, swimmers are asked to sign on to the RODS website and click the Georgina Syrgiannis Swim Marathon green "Please Help" button which will direct you to the set up or edit page. Then simply set up or update your profile from last year and start sending out pledge requests! Perfect timing for those of you going to visit family at Easter!

The format for the Georgina Syrgiannis Swim Marathon will be a bit different this year. Participation is mandatory and each group has a mandatory sponsor level that will go into the RODS general fund to offset pool rental, which is over \$120,000/yr. Once this individual requirement is met, the rest of the money remains in your own account!! This way you are rewarded for all your individual fundraising efforts and hard work!! (No tax receipts will be issued for marathon pledges)

LEVELS:

\$50.00: Bronze, Silver & Gold

\$100.00: Prospects, Age Group & Cougars

\$150.00: Junior

\$200.00 Senior

\$100.00 Guest (the event is open to all Sask swimmers, so invite friends/family to swim with us!)

The Ultimate 10 Day Challenge Prize

The first group with 100% sign up with great up-to-date profiles, wins breakfast at the pool following a Saturday morning practice! And, as an added bonus, the group with the lowest sign up percentage on the day the winning group hits 100% will serve them!!

This will just be one of the exciting new incentives and inter-group challenges that will be part of the fun this year.

** All groups need to be 100% signed up by March 25th, or their group will be assigned a "not so fun task". So make sure all your teammates get signed up fast!

Don't forget to use your social media platforms to spread the word and make this fundraiser a success!

Watch the RODS News Letter for weekly challenges, more exciting news and to track the teams' progress!

COMPETITION

"We are proud to be members of the Dolphins Swim."



Short Course MANSASK

ManSask Short Course 2016 will be held in **Saskatoon March 17-20, 2016**. Our team will be represented by 48 swimmers. This Short Course Championship Meet will host 604 swimmers from Saskatchewan, Manitoba, Alberta, Ontario and British Columbia. Our team departs for Saskatoon on Thursday March 17th at noon and will compete for four days. Prelims and Timed Finals Begin Friday at 4:30pm with Prelims and Finals on Friday, Saturday and Sunday starting at 9am and 5pm respectively. We look forward to seeing our RODS family cheering on our team as we defend our Championship Title.

24 girls and 24 boys will compete. In order to compete at ManSask a swimmers must have achieved a ManSask "AA" time standard in their current age category (age as of first day of ManSask) between September 2014 and time of entry.



Girls Team: Mikayla, Emily, Kianna, Sydney, Sydney, Rileigh, Sara, Grace, Rebecca, Breanna, Mila, Raith, Emma, Marie-Eve, Elizabeth, Olena, Mya, Melissa, Molly, Jordan, Jessica, Darbi, and Emma.



Boys Team: Brent, Chris, Daniel, Wooyoung, Mitchell, Aden, John, Michael, Denham, Matthew, Gavin, Ben, Matthew, Leo, Cole, Benjamin, Taishi, Jake, David, Jacob, Caleb, Aiden and Jean-Philippe.

"One Team, One Dream - SWIM FAST!"

Countdown to



TRIALS
ESSAIS



With just over two weeks until Olympic and Para-Olympic Trials in Toronto, we continue to introduce you to the six swimmers who will be competing and representing our team at the Trials. This week we present two additional swimmers:



Q: When did you first compete in a swim meet?

A: Canada National Games during 2005

Q: What is your favorite song right now?

A: DJ Songwriting, Pop/ Rap Style and anything practical songs to enjoy watching from the movie

Q: What is the most important thing you have learned from a coach?

A: The coaching philosophy I had with Mads Bjorn Hansen and Sylvain Pineau made me really achieved my swimming competition in most of the events. Enjoy your life with passion and commitment by having fun, because I have to train hard to become a successful high performance athlete.

Q: What pool you have competed or training in is your favorite and why?

A: Montreal Olympic Natatorium and Toronto Pan Am Aquatic Center are the best swimming pool to compete in. In which I both train with Cougars and Regina Dolphins in both places, Lawson Aquatic Center and U of Regina.

Q: Tell us about your most memorable swimming moment.

A: Swimming the last event of the day, 100m Butterfly in Miami Spring season Can Am National Games when there's an thunderstorm coming in our direction.

Q: What is your favorite food/drink to have after competition?

A: Breakfast Burritos and Chocolate Milk with Protein.

Q: What is your mantra or quote that best represents you..

A: May the force be with you and hail to the EU! Long live the EU.

Q: What is your favorite thing to do when you are not swimming?

A: Work with the Library assistant at the Teaching Preparation Center and student volunteering involving with University life on campus. Other things at home I enjoy posting on my blog or social media on the internet about everything Geek stuff including Star Wars Expanded Universe.

Q: What is the most unique swim cap in your collection?

A: Swim Cap I traded with the Brazil local swimming team

Q: Tell us about what competing at the Para-Olympic Trials means to you.

A: Competing at the Trials, you always have to achieve your goal and go for your personal best record!

Countdown to



TRIALS
ESSAIS

PRESENTED BY
PRÉSENTÉS PAR



Eva Madar, 28

Q: When did you first compete in a swim meet?

A: It was over 2 decades ago... when I was 6 years old.

Q: What is your favorite song right now?

A: I don't really have one favourite. I listen to the songs that just feels right in that moment.

Q: What is the most important thing you have learned from a coach?

A: To trust your coach and to believe in yourself, but I'm still working on the second one.

Q: What pool you have competed or training in is your favorite and why?

A: The pool in Montreal reminded me to the pools in Hungary and that little throw back reminded me why I started swimming and why I'm still doing it. And I also had some good races in that pool.

Q: Tell us about your most memorable swimming moment.

A: Last day, last even at 2015 CIS in Victoria. I got a huge best time in 100 free in the morning and that's when I realized that I need to "stay in my lane" when I'm racing.

Q: What is your favorite food/drink to have after competition?

A: My momma's food. That's the best.

Q: What is your mantra or quote that best represents you..

A: When you need something to believe in, start with yourself.

Q: What is your favorite thing to do when you are not swimming?

A: To spend some time with family and friends.

Q: What is the most unique swim cap in your collection?

A: A hot pink melted latex cap from my first ever open water! A lot of sentimental value for me.

Q: Tell us about what competing at Olympic Trials means to you.

A: I'm pretty excited to swim at a national level representing the Rods and it's also a good way to wrap up the best season I had.

Team Building

"Each Swimmer is responsible for the success of the Team"



NEEDED
VOLUNTEER TIMERS/OFFICIALS
 for
Special Olympics Regina Dolphins Annual
Swim Meet



Starting
8:00 am to 12:00 noon
on
Sunday, April 17, 2016
at
Lawson Aquatics Centre

We are looking for volunteers to help out with timing at this year's swim meet.
 Come out and see what all the fun is about!

Please contact Linda Kapasky at
 306-569-0915 or email: linda.kapasky@sasktel.net

For more information about Special Olympics and our other sports,
 please check out our website and Facebook page at: www.specialolympics.sk.ca
 and www.specialolympicsregina.ca

MANSASK REQUEST FOR VOLUNTEERS

With ManSask less than two weeks away, it is possible that we may need your help to officiate at some of the sessions, especially Friday morning. Since this meet is a provincial meet, and not a club meet, it would be great if we could have representatives from different clubs across Saskatchewan helping out. If you are available to officiate, please email me at jaydensmom@sasktel.net with your name, club, qualifications and sessions that you are available. On behalf of our swimmers, thank you for your consideration and support!

See you at the pool! Belinda, Gold Officials Director

2016 RODS CABARET

MARK YOUR CALENDARS: May 14, 2016 for our annual Cabaret. This is our largest fundraiser for our club.

As part of this event we request donations for a silent and live auction. We are seeking donations! Previous Years donations included :

Jewellery; Movie passes and dinner; Popcorn basket; BBQ sets; Artwork; Golfing. Passes and golf items
 Glasses-wine/beer or sets of whatever; Rider tickets
 Live auction- rider dinner, rider jersey, Winnipeg Jets tickets; Sunglasses; Wine sets; Level 10 passes; Spa gift certificates and more!

Use your imagination! Be Creative! Donations can be dropped off at the RODS office during office hours. Thank you! Tickets will be distributed soon to each family to sell.

THANK YOU!

On behalf of the Regina Masters Swim Club, I extend my sincere thanks to the members of the RODS who assisted our Club with the hosting of its masters swim meet on Saturday, March 12. We are particularly indebted to Ian for his generous and extensive contributions to planning and running the meet, to Jodi, Matt and their team for handling all aspects of the electronics, and to Craig for arranging officials. We also extend our warm thanks to Head Coach Abderrahmane Tissira for his leadership in partnering with RMSC on events such as this one.

Doug Farenick
 RMSC President



2015-16 Season

