



# Regina Optimist Dolphin Swim Club

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

05/06/2016

## Weekly News

[www.reginadolphins.com](http://www.reginadolphins.com)

Office: 306 586 3909

[office@reginadolphins.com](mailto:office@reginadolphins.com)



# Swimmers of the Month

### Upcoming Events

Click event for more information

#### 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

Friday May 20

#### 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

### Prospects Swimmer of the Month - Mya Thompson



Mya could have won swimmer of the month on many occasions. She is very hard working and is able to change technique with correction.

Mya has an exemplary attendance and attitude to practice. She is always trying to get better and go faster. Mya kicking on test sets have improved every week all season, as have her other test sets. Mya finished April off by attending the Jessica Deglau meet in Vancouver her first travel meet without her parents and some of her squad. However Mya put some very strong performances together, swimming best times in long course (even faster than short course) and even though the standard was high Mya was rewarded with a final in the 100m Free on the last day.

### Junior Swimmer of the Month - Emily Choboter



Emily has shown an attitude change towards her swimming since the beginning of March. This change has shown in the way she has been training, with a tiny reward for the change showing at Man Sask where she made a few A finals. The reward for her work in training was on display at the recent JDI meet in Vancouver where she improved in many races not only in time, but attitude and the way she swam the races.

### Senior “Swimmers” of the Month

Our Canadian Olympic Trials and Dubai International Championship Swimmers collectively earn the title of Senior Swimmers of the Month for their performances in April. Congratulations to Rania Nefsi, Lexy King, Bree Crookshanks, Eva Madar, Michael Qing, Noah Choboter, Anis Baghriche, Brian Palaschuk and Nail Kaddache.



### What's Inside

Jessica Deglau Results	Page 2
Donation Tips	Page 5
Summer Swim Camp	Page 4
GS Weekly Challenge	Page 5
Officials Clinic	Page 3
Cabaret	Page 3
Picnic/Potluck	Page 3
Michelle Moore Meet	Page 3
GS Marathon	Page 3

Proud Member of:



RODS Weekly News



## JESSICA DEGLAU INVITATIONAL MEET SUMMARY

Vancouver, BC April 28-May 1, 2016

Fifteen members of the Regina Optimist Dolphins Swim Club from our Prospect, Junior and Senior Squads including Ben Bottrell, Grace Bottrell, Matthew Brough, Mitchell Brough, Emily Choboter, Becky Dean, Leo Egarghos, Breanna Foster, Daniel Gomez, Denham Hachey, Mila Hardy, Michael McGillivray, Rileigh Nurse, Emma Spence and Mya Thompson traveled to Vancouver to participate in the 4th annual Jessica Deglau Invitational Swim Meet hosted by the Vancouver Pacific Swim Club.

Eleven year old **Ben Bottrell** was our top point earner with 105 points of the team's (706 pts) and secured two medals for the Regina Dolphins finishing second in 400 metre freestyle in a time is 5:28.50 and third in 200 metre butterfly in 3:03.03. **Daniel Gomez** was Regina's top medal winner for the men's team winning two silver and two bronze. Gomez swam I the 16 & over category finishing second in 400 freestyle in four minutes 20.83 seconds, second in 200 backstroke in 2:19.39, third in 200 freestyle in 2:04.06 and third in 400 meter individual medley in 5:04.26. **Michael McGillivray** impressed the west coast competition in the men's 13 to 14 years grouping, finishing second in 200 metre butterfly and 400 individual medley in 2:31.29 and 5:17,67 respectively. He then added a bronze in 100 butterfly in 1:08.08.

Leading the Regina swimmers on the ladies side was Becky Dean and Breanna Foster. **Becky Dean** swam in the women's 12-13 age group winning 3 silver medals and a bronze. Silver medal performances came is 100 and 200 meter backstroke and 400 individual medley in 1:13.55, 2:32.07 and 5:21.16 respectively. Dean finished third in 100 meter freestyle in 1:03.27. **Breanna Foster** competed in the ladies 14 to 15 year division and finished third in the 200 backstroke in 2:31.21 and 400 individual medley in 5:21.38. **Emma Spence** also in the 12 to 13 year ladies group added a silver in 200 breaststroke in 2:57.26.

More results can be read [here](#).

**"AA"** Congrats to Sloane Kerr swimming in Prospects Development Group. Qualifying for her first ManSask with 2xAA times at the Saskatoon Lasers Septathlon! Well done!



**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 14<sup>TH</sup>**

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.

# All Swimmers! Mark your Calendars!

## Join in!

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!

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 -29<sup>TH</sup>, 2016 REGINA, SK CANADA

Hosted by REGINA OPTIMIST DOLPHINS SWIM CLUB RODS

LAWSON AQUATIC CENTRE REGINA, SASKATCHEWAN

SUPPORTED BY: SK LOTTERIES

**New Date!**

Georgina Syrgiannis Swim Marathon presented by mysask411 Search Local Food Inc.

### 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!**



# SUMMER SWIM CAMPS 2016



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

Our Summer Camps provide a 'step up' from swim lessons.

Where necessary swimmers will be separated into smaller groups according to their standards and if needed adjustments will be made.

The focus of the Regina Dolphin Summer Camps is on the importance of proper swimming stroke technique, to make your young swimmer as efficient and comfortable in the water as possible.

A typical week includes up to 90mins of training in the pool, a variety of inside/outside activities (weather permitting).

\*Registration requirements are that swimmers **must** be comfortable in deep water and able to float on their own.



Week 1: July 4-7 - Breaststroke



Week 2: July 11-14—Backstroke



Week 3: July 18-21- Butterfly



Week 4: July 25-28th-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!

## Swim Week Options

### CAMP TIMES

9am -12 Monday/Tuesday and Wednesday of each week.

Option of early drop off available.

ADDITIONAL Activity day (Wednesday):

Includes bike rides/canoeing/ games in the park, picnic and an afternoon of swimming at an outdoor pool. All supervised.

### REGISTRATION INFORMATION

Cost - any 1 week \$100

Any 2 - \$185 (\$15 discount - Coupon Code RODS2)

Any 3 - \$270 (\$30 discount - Coupon Code RODS3)

All 4 - \$320 (\$80 discount Coupon Code RODS4)

Additional Day (Wednesdays: approximately \$40 for day)

# Register here!

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 \$330

**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 (MTu/Thu Sat-12:00)  
Guest Coaches from High Performance swimmers  
Dryland exercise and games  
Wednesday Activity Day (extra fee)

**Top 10 Reasons Why Your Swimmer Should Join the Regina Optimist Dolphins Summer Swim 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) Remember it's never too early to start training for the 2024 Olympics!

# DONATION TIPS

Thank you for your fundraising efforts to date, we have raised over \$10,000 with one month left in the campaign. For those of you who have just begun making donations, there are two ways to contribute: **online or offline**. Offline donations can be entered within the online platform (under a swimmer's profile) by clicking the offline donation tab.

Please note: Donors can make a pledge or donation to a family as opposed to one swimmer at a time (thus saving the online \$3.95 transaction fee). Watch for this option when you click the donate now tab.



~ Ben (Prospect National)

*"I like being with the RODS because the coaches are very nice. They make me become a better swimmer. My coach Brian gives me lots of tips to improve on stuff. One of my favorite things about swimming is going to swim meets. I like swim meets because it is fun to compete against other teams. I like the RODS because we train hard and all the hard work really pays off. I hope the RODS will make me an olympic athlete".*

~Jada (Bronze Dolphins)



# GS WEEKLY Fundraising Challenge

Challenge 2 Winner for donor with longest name: **Olena Rashovich**

Challenge 3 Winner for "Why I love being a part of the RODS":

1st place: **Ben Stewart** (SPEEDO bag pack)

2nd place: **Jada Dickinson** (cap and water bottle)

Thank you to all swimmers who entered!  
Let's see who wins the next challenge!  
Remember to continue fundraising!!!

## WEEKLY CHALLENGE 4:

Donations received between Saturday May 7 and Thursday May 12 will be tallied for each squad. The Squad who fundraises the most in 6 days will win their coach a \$50 Gift Card to Greco's (donated prize).

## 2015-16 Season SPONSORS

