



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

03/12/2016

# Weekly News

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

[RMSC/ROD Meet](#)  
 March 12

[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

## Congratulations to the Sask Sport February Athlete of the Month—Noah Choboter

Noah Choboter swims with the U of R Cougars Swim Team as well as the Regina Optimist Dolphins Swim Team. Noah’s results in the month of February have earned him the Sask Sport Athlete of the Month.

“ Noah Choboter was nominated by Swim Saskatchewan Inc.

It was a record-breaking month for Choboter, who set nine provincial records - a feat never accomplished in Saskatchewan before. He won a gold medal in the 100 metre backstroke and took home silver in the 50m backstroke at the Eastern Canadian Open Swim Meet. At the CIS Swimming Championships, he won gold in the 100m backstroke and 200m backstroke for the University of Regina Swim Team. Prior to the event, only one swimmer from the U of R had ever won a national gold medal. Choboter has qualified to compete in the Olympic Trials.



Read more [HERE](#)  
 Congratulations Noah!



## What’s Inside

|                           |        |
|---------------------------|--------|
| ROD Development Meet      | Page 2 |
| ManSask                   | Page 2 |
| Olympic Trials Interviews | Page 3 |
| Noah Choboter             | Page 3 |
| Lexy King                 | Page 4 |
| ManSask Volunteers        | Page 5 |
| Cabaret                   | Page 5 |

Proud Member of:



# COMPETITION

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

## CLUB

This weekend, 30 swimmers from our Bronze/Silver/Gold Dolphins Squads competed at the Regina Masters Swim Club/RODS Meet here at the Lawson. For many of swimmers this was their first meet! It was great day with many first time swims and personal best times. Congratulations swimmers! Keep up the training and have FUN!

43 Masters Level swimmers competed as well. The cooperation of the two clubs has been a success and provided each team with the much needed volunteers at their respective meets. (Photo page 5)

## INTERPROVINCIAL

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.

26 girls and 22 boys will compete. In order to compete at ManSask a swimmer 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.

*"One Team, One Dream"*



**Girls Team: Mikayla, Emily, Kianna, Sydney, Sydney, Riley, 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.**

# Countdown to



**TRIALS**  
**ESSAIS**



With only three weeks until Olympic Trials in Toronto, we will introduce you to the six swimmers who will be competing and representing our team at the Trials. This week we begin with two swimmers:



Noah Choboter, age 19

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

A: When I was 11

Q: What is your favorite song right now?

A: Behind the blocks my favorite song to listen to is 300 violin orchestra.

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

A: To believe in yourself

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

A: The pool in flagstaff Arizona. We had an extremely challenging training camp there this Christmas. The pool is the most memorable to me because I know the training there improved me as a swimmer.

Q: Tell us about your most memorable swimming moment.

A: Winning 100 backstroke at CIS championships. Ever since I was 14 it had been my dream to win at a national level competition and to finally achieve it it felt incredible

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

A: Scooby snacks or Dora the explorer gummies and anything with some protein like chocolate milk or a protein shake

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

A: Trust your training.

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

A: Going to Dairy Queen with my friends

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

A: A swim cap signed by Missy Franklin and Ryan locate

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

A: Competing at the trials for the highest level of sport is an incredible feeling. I am very excited to represent the Dolphins at the upcoming trials.

# Countdown to



**TRIALS**  
**ESSAIS**

PRESENTED BY  
PRÉSENTÉS PAR



Alexandra (Lexy) King, age 18



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

A: My first swim meet was when I was 9.

Q: What is your favorite song right now?

A: My favourite song right now would be King by Years & Years or Stay by Kygo!.

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

A: The most important thing I've learned from a coach is to focus on the process before the result

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

A: I will always love training and competing at the Lawson because it's my home away from home. Aside from the Lawson I'll never forget training at the Olympic Training Centre in Colorado Springs! The facility there was amazing.

Q: Tell us about your most memorable swimming moment.

A: Both times that I've qualified for Olympic Trials have been great moments for me.

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

A: I'm a fan of a celebratory cookie dough blizzard ( but don't tell Damone he might not read this).

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

A: "It ain't about how hard you hit. It's about how hard you can get hit and keep moving forward."

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

A: When I'm not swimming I love to hangout with the team.

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 couldn't be more excited to represent the RODS at Olympic Trials and make the hours we spend in the pool count.

# Team Building

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



## MANSASK REQUEST FOR VOLUNTEERS

Dear Fellow Swim Parents,

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](mailto: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

## 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

*Cabaret*



30—Bronze, Silver and Gold Dolphins ready to compete at the RODS Developmental Meet, Saturday January 12, 2016 at the Lawson.

Use your imagination! Be Creative!

Donations can be dropped off at the RODS office during of-ice hours.

Thank you! Tickets will be distributed soon to each family to sell.

## 2015-16 Season SPONSORS

