

# Lasers Newsletter

October 2019

## Dates to Remember

Oct. 19 - RYMM Meet - Regina

Nov. 1 - Goldfins Meet

Nov. 23 - Lasers Meet

Dec. 5 - Leaving for Montreal

Dec. 6 - Montreal Meet



Welcome to our monthly newsletter. We hope to keep everyone up to date with all news going on in our club. If you have something that you would like added to our next month's newsletter, please send me an email @ Lasersoffice@gmail.com. Deadline for submissions will be the 25<sup>th</sup> of the month.

### PARA World's Championship

Congratulations to our outstanding team at the PARA World's Championship in London, Shelby Newkirk, Niki Ens and Coach Eric. Shelby brought home the SILVER Metal in the 100 Back. We are so proud of all of you.



### Western Canadian Games

Congratulations to 4 of our Lasers ladies that represented the Saskatchewan team at the Western Canadian Games this summer. Avery Weiland, Sydney Peace, Ella Howe and Shea Guest. We could not be more proud of all of you and all that you have accomplished this year. Way to go ladies!!!



### **Gift Cards**

Candace is stocked up with gift cards available to purchase. There are cards for Safeway/Sobeys, PC, and Tim Hortons at a 5% credit. Booster Juice vouchers are also available -\$5.50 each (\$110/ book of 20) at a 25% credit. This is a great way to fundraise for credit towards your account. If you have any questions regarding this fundraiser, please contact Candace Peace @ 306-227-0798 or visit our website for more information

### **Fall Break Out Meet - Regina**

The RYMM and Flatlanders have teamed up for this meet. October 19-20 TAG  $\frac{3}{4}$  group will compete on Saturday only. TAG1, TAG2 and HP will compete on Saturday and Sunday.

Sign up at <https://www.signupgenius.com/go/8050B45A5AD2AA0FB6-fall>

### **Goldfins Invitational**

November 1 - November 3. This meet will include the first Future Stars Meet. The Future Stars meet will be for new swimmers and for those that do not qualify for the larger meet.

### **Lasers Open Invitational**

November 23, 2019 - Stay tuned for more information

### **Montreal Meet - Cote St-Luc Invitational**

December 6 - December 8, 2019

We have 20 swimmers attending this meet. For those attending, more information will be sent out regarding a Parent Meeting to go over details regarding this meet.

### **Training with Olympian Chantal Van Landeghem**

What a great way to start our 2019-2020 season off with having the opportunity to train and learn from an Olympian swimmer. Thank you to Chantal for this great opportunity for our swimmers.



Reminder of schedule changes for the 2019-2020 season for the following groups:

JAG1:

Monday - 6:00pm - 7:00pm

Tuesday - 5:30pm - 7:00pm

Friday - 6:00pm - 7:00pm

JAG 2:

Monday - 5:00pm - 6:30pm

Wednesday - 5:30pm - 7:00pm

Friday - 5:30pm - 7:00pm



### Fundscrip

If you are looking to raise funds for your swimmer's account consider Fundscrip, a gift card program offering over 100 cards from various retailers. If you have any questions regarding this fundraiser, please contact Kath-Jo Newkirk @ [rkscnewkirk@gmail.com](mailto:rkscnewkirk@gmail.com) or visit our website for more information.

### Pool School and PARA

We have started our season off with a huge BANG. Our numbers for both programs are way up from last year. News travels fast, that we have such great Coaches and programs to offer. Keep up the great work.