

## Upcoming Events

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Georgina Swim Marathon  
April 28

Lasers LC Invitational  
April 29-30

## Regina Optimist Dolphin Swim Team

Weekly Newsletter April 7, 2023

Swimmers of the Month for March

Elite

Congratulations Ava Harlos



Junior Advanced

Congratulations Soren Hansen  
and

Junior

Congratulations Nathaniel Pelzer



Recreational  
Congratulations Georgia Hamilton



Intro to Competitive (Lawson)  
Congratulations Collins Brunskill



Intro to Competitive (University)  
Congratulations Molly Lawrence



## Lasers LC Invitational

Lasers meet April 29-30 in Saskatoon is open for sign up. Decline date is **April 16**. Intro to Competitive swimmers are welcome to sign up. We have a bus going up Friday night and home Sunday afternoon. Please email the office if you have any questions. If you will not be needing bus transport or hotel please make note on your sign up or email the office.

[Regina Dolphins Swim Team - Events \(teamunify.com\)](https://teamunify.com/Regina-Dolphins-Swim-Team-Events)

## Fundraising

Please go to our events page to sign up for **Bingo**. This is a great way to meet other parents and earn money towards your account. Check your calendar and see where you can help out. Remember to check in often to the events page to see new dates or events added to the calendar. Bingos have been posted through to **May 30**.

[Regina Dolphins Swim Team - Events \(teamunify.com\)](https://teamunify.com/ReginaDolphinsSwimTeam/Events)

## Georgina Syrgiannis Swim Marathon

We are excited to be able to host the Georgina Swim Marathon again this year. This is a great fundraiser for our members and our team. It is a very fun event for all our swimmers and parents are also invited to participate. The marathon will be held Friday, April 28. Fundraising has begun and if you are in need of help with setting up your swimmer's page just contact the office.



Registration for swimmers is \$20 and includes your entry in the swim marathon, a Georgina marathon swim cap and supper afterwards.

## Local Easter Camp

Make sure to sign up for the Easter week camp if you will be in town. There is no charge for the training camp apart from the movie night Saturday. There will be a separate sign up for the movie.

### Easter Camp Schedule:

All morning practices will be at the Lawson and afternoon practices at the U of R.

			Tuesday 11-Apr	Wednesday 12-Apr	Thursday 13-Apr	Friday 14-Apr	Saturday 15-Apr
Junior & Junior Adv.	AM	Time		05:30 - 07:30		05:30 - 07:30	05:45 - 07:45
		Focus		FR Endurance		IM Endurance	Race Strategy
	PM	Time	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	
		Focus	FR & Closed Turns	BR & Open Turns	BK & BK Starts	Fly & Dives	Movies
			Tuesday 11-Apr	Wednesday 12-Apr	Thursday 13-Apr	Friday 14-Apr	Saturday 15-Apr
Prospect	AM	Time					05:45 - 07:45
		Focus					Race Strategy
	PM	Time	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	
		Focus	FR & Closed Turns	BR & Open Turns	BK & BK Starts	Fly & Dives	Movies
			Tuesday 11-Apr	Wednesday 12-Apr	Thursday 13-Apr	Friday 14-Apr	Saturday 15-Apr
Intro to Comp	AM	Time					
		Focus					
	PM	Time	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	4:00 - 6:30	
		Focus	FR & Closed Turns	BR & Open Turns	BK & BK Starts	Fly & Dives	Movies

### [Regina Dolphins Swim Team - Events \(teamunify.com\)](https://teamunify.com)

Please note the RODS office will be closed during the Easter break.

## The Kid Expo

The team will have a booth at The Kid Expo, April 16. Stop by to visit if you are attending. It looks like a very fun event, be sure to share with your friends.

<https://thekidexpo.ca/home>





## Contact Us

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Office Hours at the Lawson

Monday-Thursday 4-6PM

## Thank you to our Sponsors



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CERTIFIED SPECIALISTS IN ORTHODONTICS



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BUSINESS SOLUTIONS



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*Pride, Discipline, Loyalty, Commitment and Respect*

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