

## Upcoming Events

Winter Classic  
Lawson Aquatic Centre  
January 19-21

Edmonton Open  
Edmonton  
February 1-4

Goldfins Classic  
Saskatoon  
February 2-4

Junior Provincials  
Moose Jaw  
February 23-25

# Regina Optimist Dolphin Swim Team

Weekly Newsletter January 15, 2024

## Head to Head Mentorship



OLYMPIAN LED MENTORSHIP  
PROGRAMS  
2023/2024

We were very happy to welcome 2x Olympian Yuri Kisil on Friday, January 12. We had 74 RODS and Cougars swimmers attend the two in-pool sessions and classroom presentation. I'm sure everyone is looking forward to the next session.



## Swimmers of the Month for December

Intro Silver RODS

Congratulations Walker



Intro Silver Cougars

Congratulations Isabella

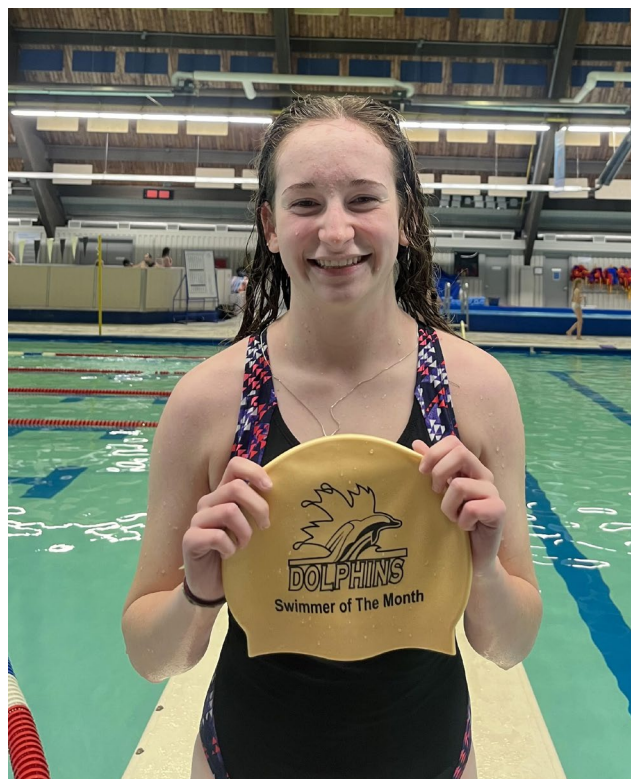




## Intro Gold Cougars Congratulations Sydney



## Recreational Congratulations Keira



Prospect Silver  
Congratulations Berlin



Prospect Gold  
Congratulations Clark





Junior Provincial  
Congratulations Jane



Junior National  
Congratulations Gillian



## Elite Congratulations Sadie



At the 2023 JP Fiset Invitational Sadie set a new 15-16 RODS record in the 100 fly with a time of 1.03.79, which is also under the qualifying standard for the Ontario Junior International (OJI) meet. This cuts half a second off the previous record of 1.04.29 set by Cassandra Brassard in 2011. Congratulations Sadie!

## Winter Classic

Our second team hosted meet of the season is coming up this weekend. We have 83 RODS and Cougars swimmers competing. It will be an exciting start to the long-course season! Thanks to all the parent volunteers. ([Psych Sheets](#))

### Session 1: Friday, January 19, 2024 (green shirt)

Warm-up: 4:30-5:20 pm Competition Start time: 5:30 pm

### Session 2: Saturday, January 20, 2024 (black shirt)

Warm-up: 8:30-9:20 am Competition Start time: 9:30 am

### Session 3: Saturday, January 20, 2024 (green shirt)

Warm-up: 4:30-5:20 pm Competition Start time: 5:30 pm

#### Session 4: Sunday, January 21, 2024 (black shirt)

Warm-up: 8:30-9:20 am Competition Start time: 9:30 am

Swimmers please be on deck 15 minutes before warmups.

### February Swim Meets

Edmonton Open long-course meet is February 1-4. The bus will leave from the Lawson at 9AM, Thursday February 1. Thanks to chaperones Jaylene Hansen and Jaclyn Tan.

The same weekend is the Goldfins Winter Classic in Saskatoon. There are no qualifying times. This is a short course meet. Prospect and Junior swimmers have been signed up. Decline date is **today, January 15**. All Intro to Competitive swimmers are encouraged to sign up and attend. This meet is great preparation for Junior Provincials! The meet starts with warm-ups 3:30PM on Friday. The bus will leave the Lawson Friday, February 2 at 12 noon, returning on Sunday evening. The team is staying at Hampton Inn Airport, our room block is Dolphins. Thanks to chaperones Sanela Begic Le and Kathleen Eisler.

<https://www.gomotionapp.com/team/canrodsc/page/events#/team-events/upcoming>

### Junior Provincials

Sign up is open on the events page for the 2024 Short-Course Junior Provincials in Moose Jaw February 23-25. With limited entries available please sign up by **February 2, 2024**.

Kinsmen Sportsplex, Moose Jaw SK (self travel)

Friday, February 23 - Sunday, February 25

10 and under girls, 11 and under boys - no qualifying time but must have competed in one sanctioned event this season

11 and over girls, 12 and over boys - must have at least one 'A' time

Meals and ribbons will be awarded in individual events, medals for relays, awards for individual most-improved awards per age group as well as team awards. Meet package and time standards are included on the events page.

## February Break

With Junior Provincials at the end of the week as well as other upcoming meets to prepare for, it will be regular training during the February break.

## Happy Birthday

Happy Birthday Soren H, Sophia D  
and Wynne Z



## Citrus Fundraiser



We're happy to be bringing the Citrus Fundraiser back this winter. Order forms coming soon. Order cases of California oranges or grapefruit fresh off the tree and earn fundraising money to your account.



## Contact Us

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Office Hours at the Lawson  
Monday-Thursday 4-6PM

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