

Upcoming Events

Welcome Back Picnic
Potluck
September 6

Team Building
September 16-17

Terry Fox Run
September 18

Team Photos
September 23

RODS Golden Gala
October 15

Regina Optimist Dolphin Swim Team

Weekly Newsletter, August 26, 2022

2022-23 Team Registration

Team registration is open. Information regarding the schedules, groups, season and calendar can be found on the team registration page. Great news! We have been able to maintain the training fee amounts again for next season. We have made a change to how the fundraising fees are set up. Instead of tallying up fundraising throughout the year and calculating everything at the end of the season, your fundraising commitment is already added to your monthly fee and as you earn fundraising dollars they will be applied to your account throughout the season. There will be lots of fundraising opportunities next season and members can participate as much or as little as they like.

Families with multiple swimmers receive discounts Two swimmers 5% discount, 3 swimmers 7.5% discount, and 4 swimmers 10% discount on fees.

All accounts require a valid credit card on file. Monthly fees can either be charged to the credit card or payment can be sent by etransfer to payment@reginadolphins.com or a cheque dropped off to the office by the 25th of the month.

Please ensure your registration is completed before September 6 for the new season. All swimmers must be registered before training starts.

You will notice some new team gear that can only be ordered at the start of the season. We will be making one order for team suits and personalized caps in September. Also we can only order if we have the required minimum.

As we have not ordered either of these items for a few years everyone should consider ordering them with registration. **All swimmers are strongly encouraged to get a team suit to wear to competitions to show our strong team spirit in the warm ups.** These are also great suits to wear to every day practice. Please measure and check the sizing charts before sending in your required size.

As always, team t shirts and caps can be ordered with registration and are available throughout the season if needed.

We are not ordering team hoodies at this time, but possibly later in the fall.



Women's swimsuit - Sport Back

Size guide

Calculate My Size

Size Chart

CM

INCHES



INCHES

SIZE	22	24	26	28	30	32	34	36	38
CHEST	20 - 22	22 - 24	24 - 26	26 - 28	28 - 30	30 - 32	32 - 34	34 - 36	36 - 38
HIP	24 - 26	26 - 28	28 - 30	30 - 32	32 - 34	34 - 36	36 - 38	38 - 40	40 - 42

Men's Jammer Swimsuit

Size guide

CM

INCHES



SIZE	20	22	24	26	28	30	32	34	36
CHEST	29	31	33	35	37	38	40	42	44
WAIST	23	25	27	29	31	32	34	36	38
HIP	27	29	31	33	35	36	38	40	42

Black Brief

Size guide

CM

INCHES



SIZE	20	22	24	26	28	30	32	34	36
CHEST	29	31	33	35	37	38	40	42	44
WAIST	23	25	27	29	31	32	34	36	38
HIP	27	29	31	33	35	36	38	40	42

Two Apps Everyone Should Have



[OnDeck on the App Store \(apple.com\)](#)

Sign in using your Team Unify information

Also for swim meets, it's a must



[Meet Mobile: Swim on the App Store \(apple.com\)](#)

First Three Weeks

As always, the start of the season is slightly different from the regular schedule. All training will be held at the University pool during this time as the kids get back into the water and gear up for the new season.

Please sign up for the Welcome Back Picnic Potluck as soon as your swimmer is registered so we know how many people to expect. You can find more details on the events page. Plan to attend to meet the coaches, board members and other families.

Competitive groups start back on September 7 and Pre-competitive and Recreational on September 12. There will be team building activities for everyone September 16 and 17, more details coming soon.

Also, TEAM PHOTOS will be taken at the University in room 222 near the pool on Friday September 23. Everyone please be sure to attend that day.

The start up schedule is attached following.

First 3 Week Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		05-Sep	06-Sep	07-Sep	08-Sep	09-Sep	10-Sep	11-Sep
Week 1	Elite	Labour Day	Welcome Back BBQ	Dryland: 2:30 - 3:30 / SW: 3:30 - 4:30	Dryland: 2:30 - 3:30 / SW: 3:30 - 4:30	Dryland: 2:30 - 3:30 / SW: 3:30 - 4:30	Off	Off
	Junior Adv	Labour Day	Welcome Back BBQ	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Off
	Junior	Labour Day	Welcome Back BBQ	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Off
	Prospect	Labour Day	Welcome Back BBQ	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Off
	Pre-Comp	Labour Day	Welcome Back BBQ	Off	Off	Off	Off	Off
	Rec	Labour Day	Welcome Back BBQ	Off	Off	Off	Off	Off
		12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
Week 2	Elite	Dryland: 2:30 - 3:00 / SW: 3:15 - 4:30	Dryland: 2:30 - 3:00 / SW: 3:15 - 4:30	Dryland: 2:30 - 3:00 / SW: 3:15 - 4:30	Dryland: 2:30 - 3:00 / SW: 3:15 - 4:30	Team Building	Team Building	Terry Fox Run
	Junior Adv	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run
	Junior	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run
	Prospect	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run
	Pre-Comp	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Off	Off	Team Building	Team Building	Terry Fox Run
	Rec	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Team Building	Team Building	Terry Fox Run
		19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Week 3	Elite	Dryland: 2:30 - 3:00 / SW: 3:00 - 4:30	Dryland: 2:30 - 3:00 / SW: 3:00 - 4:30	Dryland: 2:30 - 3:00 / SW: 3:00 - 4:30	Dryland: 2:30 - 3:00 / SW: 3:00 - 4:30	Dryland: 2:30 - 3:00 / SW: 3:00 - 4:30	Off	Off
	Junior Adv	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Off
	Junior	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Off
	Prospect	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Off
	Pre-Comp	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Off
	Rec	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Off	Off	Off	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off

All Training @ the U of R

Welcome Back Picnic Potluck

Welcome Back Picnic Potluck, Tuesday, Sept 6th, 2022 **5:30pm**

1. Welcome back picnic potluck Sept 6th:
 - a. **Meet our staff, board, parents and swimmers.**
 - b. **Complete your forms and registration. All parents must fill out 1 PIPEDA officials form/year. This form will be handed out at the event.**
 - c. **Pick up pre-ordered team shirts and caps**

Where: Senior Citizen Centre, 2404 Elphinstone Street (Les Sherman Park).

What: Annual RODS welcome back picnic potluck for all swimmers and families. Coaches, board members and team administrator will be there to discuss upcoming year and help with any registration questions or any other questions you may have.

The club will supply plates, napkins and cutlery.

Potluck for families:

Elite and Junior Advanced are asked to bring a hot dish, meat and cheese, or buns

Prospect and Junior groups are asked to bring salads

Precompetitive and Recreational please bring a dessert.

Please remember your whole family is welcome!

When 5:30-7:30pm

Bring: Lawnchairs, football, frisbee, and any "fun in the sun" activity. Hopefully the weather will cooperate!

To help with the planning process, please indicate the number of people in your family that will be attending.

[Management Console - Regina Optimist Dolphins Swim Team - TeamUnify](#)

Parent Meetings

Parent meetings for the swim groups will take place the week of September 19. More information coming soon.

Golden Gala

We are so happy to announce the date of the Dolphins Golden Gala Awards Night will be **October 15, 2022**. It has been 3 years since our last Gala and this one will be better than ever. Save this date on your calendar and further details including nominees for all the awards will be coming out soon.



Fundraising

Please go to our events page to sign up for **Bingo shifts** and **Rider games**. This is a great way to meet other parents and earn money towards your fundraising commitment. 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 are currently available through to September 30 and Rider games are available the whole season through to Grey Cup.

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

[Regina Optimist Dolphins - Fundraising Opportunities \(teamunify.com\)](https://www.teamunify.com/Regina-Optimist-Dolphins-Fundraising-Opportunities)

Fall Fundraiser

Our first fundraiser of the new season is already in the works. Coming in September an **Apple Fundraiser** through Ferster's Market in BC. Fresh fruit that everyone enjoys. **Sales will be open September 6 and end September 19**. Stay tuned for details!

Fresh cases of apples delivered from BC



Four varieties to choose from:

MacIntosh
Royal Gala
Spartan
Ambrosia

Fall Officials Clinics

Want to get a jump start on the new season sign up for VIRTUAL OFFICIALS' CLINICS!

Login and sign up for courses led by Swim Sask Ref's this fall in virtual clinics: <https://edu.swimming.ca/index.php?page=225>

You can also login and take online courses (Intro to Officiating, Clerk of Course, Chief Timekeeper and Safety Marshall).

All officials must become active for the new season, this can be done now although we will not be able to activate their accounts until after Sept 6th with this link: <https://form.jotform.com/222145124834247>. New officials who do not have current login access (From the 2021-2022 season) will have to wait to be activated to gain access to the online clinics.

Thank you for helping build [#betterlivesthroughswimming!](#)

FALL 2022 VIRTUAL OFFICIALS CLINICS

STROKE AND TURN

OCT 2, 9-12NOON

OCT 5, 6-9PM

NOV 1, 6-9PM

NOV 29, 6-9PM

CFJ/CJE/RS

OCT 2, 1-5PM

OCT 30, 9-1PM

STARTER

OCT 5, 7-9PM

OCT 30, 2-4PM

MEET MANAGER

OCT 2, 830-1230PM

NOV 29 AND DEC 1, 7-9PM

SIGN UP NOW



DAKTRONICS

#BETTERLIVESTHROUGHSWIMMING

Lululemon Team Order

RODS Lululemon Order, September 2022

Swimmers and families we are making a Team Lululemon order for the fall. These are the items we are offering at this time at a great discount. Clothing does not have any team logos.

Please fill out a separate form for each item. All items are subject to stock availability at time of order (your account will only be charged for the items ordered & received). Prices will be plus tax.

Orders are due **NO LATER than Friday, Sept 2nd, 2022**

Men's Styles

Pants

<https://forms.gle/sUwUDFAgsAEQU8r7A>

Socks

<https://forms.gle/MzHDvbJsToGQ8gxo6>

Shorts

<https://forms.gle/R7DRqHk69xLXzaci7>

Jogger

<https://forms.gle/YL1NgoEG88r8nGCbA>

Polo

<https://forms.gle/WgFgHUdyREq58TcRA>

Women's Styles

Long Sleeve

<https://forms.gle/mQ5woDtsyxy14YHe9>

Short Sleeve T

<https://forms.gle/YYypJb8x8qoDKtUb6>

Shorts

<https://forms.gle/7ZCff7ZyzwrgReMz7>

Sports Bra

<https://forms.gle/Ug5BL7uaGGAxSov9A>

Align leggings

<https://forms.gle/wHWc7FH4xF8E5UZTA>

Contact Us

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Office Hours at the Lawson

Monday-Thursday 4-6PM

Resuming September

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect
