

Upcoming Events

Welcome Back BBQ
Regina Seniors Centre
Sept 5

Terry Fox Run
Sept 17

Marlins Fall Breakout
Lawson Aquatic
Sept 29-Oct 1

Regina Optimist Dolphin Swim Team

Welcome Back Newsletter August 30, 2023

2023-24 Team Registration

Team registration is open. Information regarding the schedules, groups, season and calendar can be found on the team registration page.

Pay your annual fees by the end of August to receive 5% off the entire amount. 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 by the 25th of the month.

Please ensure your registration is completed before September 5 for the new season. All swimmers must be registered before training starts.

Team t shirts and caps can be ordered with registration but are available throughout the season if needed.

We are not ordering team hoodies or jackets at this time, but an order will go in later in the fall.

Make sure to check out our new team store with Lysports at: <https://www.lysports.com/team/regina-optimist-dolphins/> Use our code **RODS2023** for further discounts and benefit to our team. Recommended equipment is shown on our page but you can also order any items available through their website.

We will be making one group order for Speedo team suits at the start of the season. Order these with your registration or by emailing the office at office@reginadolphins.com also please confirm your size required.





Size Chart
SPEEDO MEN'S SWIMWEAR

Size	22	24	26	28	30	32	34	36
Chest	31"	33"	35"	37"	38"	40"	42"	44"
Waist	28"	27"	29"	31"	32"	34"	36"	38"
Hip	29"	31"	33"	35"	36"	38"	40"	42"

Speedo Endurance Jammer



Size Chart
SPEEDO WOMEN'S COMPETITION & WATER POLO SWIMWEAR

Size	20	22	24	26	28	30	32	34
Size	--	--	XX-Small	X-Small	Small	Small	Medium	Medium
Chest	29"	30"	31"	32"	33"	34"	35"	36"
Waist	21"	22"	23"	24"	25"	26"	27"	28"
Hip	31.5"	32.5"	33.5"	34.5"	35.5"	36.5"	37.5"	38.5"
Torso	51.5"	53"	54.5"	56"	57.5"	59"	60.5"	62"

Competitive Fit: For maximum drag reduction in the water, competitive fit suits should be worn tight to the body. These firm, compressive styles feature full front lining and no bra construction, with our highest leg height for greater range of kick motion. Bottom coverage range from ultra-cheeky to full. Size up to reduce compression.

Speedo The One

Back to School Kids Carnival

Thanks to everyone who helped with the Kids Carnival on August 26: Mitchell, Daren, Taylor, Nathaniel and Alex. We were happy to participate in this fun community event.



Welcome Back BBQ

Welcome Back BBQ, Tuesday, Sept 5th, 2022 5:30pm-7:00pm

Senior Citizens Centre, 2404 Elphinstone Street (Les Sherman Park)

1. Meet our staff, board, as well as other parents and swimmers.
2. Pick up pre-ordered team shirts and caps

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

The club will supply burgers (veggie option also) plates, napkins and cutlery.

Elite, Junior and Prospect groups are asked to bring a salad or side dish

Intro and Recreational please bring a dessert

Please remember your whole family is welcome!

Bring lawn chairs, 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](#)

First Two 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. Swimmers be sure to bring swim gear as well as dryland clothes and runners.

Competitive groups start back on September 6; and Intro and Recreational on September 7. There will be team building activities for everyone September 15 and 16, more details will be coming next week.

The start up schedule is attached following.

First 2 Week Schedule								
	Monday 04-Sep	Tuesday 05-Sep	Wednesday 06-Sep	Thursday 07-Sep	Friday 08-Sep	Saturday 09-Sep	Sunday 10-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 Nat	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 Prov	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	Off	Dryland: 4:30 - 5:30 / SW: 5:30 - 6:30	Off	Off
	Intro	Labour Day	Welcome Back BBQ	Off	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Off	Off
	Rec	Labour Day	Welcome Back BBQ	Off	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Off	Off
Week 2		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
	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 Nat	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 Prov	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	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run
	Intro	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
	Rec	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Off	SW: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run

All Training @ the U of R

Fundraising

Please go to our events page to sign up for Bingo, Rider Games and other fundraising opportunities. 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.

Rider Game dates for the season have been posted. New Bingo dates will be coming soon.

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

Fall Fundraiser

Our first fundraiser of the new season is an **Apple Fundraiser** through Ferster's Market in BC. This fundraiser was a big success last year and the apples were just fantastic! **Sales will open September 5 and end September 18.** You will earn \$12.75 to your account for each case sold. Use the included form to submit your orders.

Fresh cases of apples delivered from BC

Your Apple lineup . . .



BC Mac Apples:

- This fruit has red and green skin
- Tart flavour
- Tender white flesh is crisp when freshly harvested but soon adopts a softer consistency, perfect for cooking into pies or sauce.
- Good for raw eating

BC Red Delicious Apples:

- Bright red colour
- Red Delicious has a sweet but very mild flavour
- Flesh is juicy and the skin is firm
- Good for eating only not baking



BC Royal Gala Apples:

- A crisp, firm, bright red or red/orange patterned fruit with a yellow background
- Cross between a golden delicious and Kidd's orange Red apple
- Sweet and juicy, good for eating, on salads

BC Ambrosia Apples:

- Pink-tinged orange/red flush over a yellow background
- Best described as refreshing, pleasant crisp,
- Very sweet with little acid
- Naturally doesn't turn brown quickly after being sliced
- Perfect for snacks or salads





PRESENTED BY | **Sask**^{red heart}**milk**

An Evening in Support

OF VARSITY SPORT

WEDNESDAY, SEPT 6

— 6:00 P.M. —

CONEXUS ARTS CENTRE



On behalf of the University of Regina, we are excited to announce that the 13th edition of the President's athletics fundraiser, now An Evening in Support of Varsity Sport, will be held in person, after two years as a virtual event, on Wednesday, September 6th, 2023 at 6:00pm at the Conexus Arts Centre.

As in past years, net proceeds from this event will support scholarships and program enhancement for our student-athletes. **The President's Office will once again complement your support by matching all funds raised up to \$150,000.**

We very much look forward to seeing you to kick-off the start of our athletic season together. Following a mix and mingle, we have two incredible speakers for you to enjoy:

Sarah Colonna is a standup comedian, actor and New York Times bestselling author.

Sarah most recently starred as "Angie" in Netflix's hit show "Insatiable," and recurred as "Lori" in seasons 9 & 10 of "Shameless." She's appeared on several other TV shows, including "The Steve Harvey Show," "The United States of Tara," "Scare Tactics," and "Monk," and was a semi-finalist on NBC's "Last Comic Standing."

Her first book, "Life as I Blow it," debuted at number 5 on the New York Times Bestseller list, followed by a sold-out book tour in several major cities in the United States.

Her second book, "Has Anyone Seen My Pants?" was released to the same rave reviews and a successful tour. Sarah continues to tour across the country, headlining comedy clubs regularly.

Jon Ryan proudly hails from Regina, where he starred with the University of Regina Rams from 2000-2003.

Jon left the U of R after being drafted by the Winnipeg Blue Bombers. During the '04 and '05 seasons his exceptional leg strength and accuracy quickly got the attention of NFL teams.

In 2006, Jon made the bold decision to pursue his dreams in the NFL, signing with the Green Bay Packers. In 2008, he joined the Seattle Seahawks, quickly becoming a fan favorite and a key component of the Seahawks' special teams. He made his mark in franchise history by becoming the first punter to throw a touchdown pass in a playoff game. On February 2, 2014, he became the first-ever football player from Saskatchewan to win a Super Bowl.

After a successful 19-year career in the NFL and CFL (including time with the Saskatchewan Roughriders), Jon announced his retirement from football at the end of the 2022 season.

Tickets for An Evening in Support of Varsity Sport are \$100 for individuals, and attendees may designate their ticket purchase to support all teams or any individual program. Sponsorship opportunities are also available.

Tickets and sponsorships may be purchased online by visiting <https://www.showpass.com/support-varsity-sport/>

Should you require further information, please contact Shauna Machnaik at khs.events@uregina.ca or [306-585-4875](tel:306-585-4875).

Yours sincerely,
University of Regina Varsity Sport

Contact Us

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

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