

Upcoming Events

Winter Solstice Meet

December 9-10

Lawson Aquatic

JP Fiset Invitational

Edmonton

December 15-17

Christmas Party

December 19

Regina Optimist Dolphin Swim Team

Weekly Newsletter December 1, 2023

Winter Solstice Meet

Our home meet “Winter Solstice – presented by Knight Archer Insurance” is coming up December 9-10. This meet is for all Intro and Prospect swimmers, and Junior swimmers who are not attending JP Fiset. We also need all our parents to sign up to help at the meet. Job sign up is now open.



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

All swimmers entered in the meet must have a parent volunteer signed up to help two shifts for the meet. We’re also requesting that all families help out even if your swimmer is traveling to a meet instead of swimming at home. We need everyone’s help to ensure our meet is successful. Swim meets are an important fundraiser for our team. Cougars swimmers please sign up to help if you are between exams. Swimmers 14 and over can take the “Intro to Officiating” online course and help with timing.

[Officials — Swim Saskatchewan](#)

Swim Meet Information for New Parents

Thanks for a suggestion at the AGM to have a document with swim meet information for new parents. This is now posted on the website on the Members Page - Policies and Articles.

[information-for-new-parents_060023.pdf](#)

Swim Sask Youth Camp

Swim Sask will be holding a youth camp at the Lawson on Saturday, January 6. This camp is by invitation only and details can be found here.

[2024-swim-sask-youth-camp-jan-6_001331.pdf](#)



Fundraising

Bingos for December are now posted to the website. Sign up will open at 8PM Sunday.

Please note that our last bingo at Bingo Palace will be on December 15th. All bingos after that will be at Fantasyland Bingo, 2029 Park Street.

JP Fiset Invitational

We have 21 swimmers traveling to Edmonton for the JP Fiset meet December 14-17. Thank you to our chaperones Kathleen Eisler and Melissa Kimens.

Burger Night Fundraiser

The swimmers attending the Phoenix training camp are hosting a holiday burger night at Browns Social House on **Tuesday, December 5**. All swimmers and families are welcome to attend. Tickets can be purchased through attending swimmers, or from the office.



*Holiday
Burger
Night*

UNIVERSITY OF REGINA
WARRIORS

REGINA OPTIMIST
DOLPHINS
SWIM TEAM

TRAINING CAMP FUNDRAISER
December 5, 2023
\$25 Burger and fries/salad

BROWNS SOCIALHOUSE
restaurant · bar · socialize

50/50 draw

office@reginadolphins.com

The poster features a large, appetizing burger with sesame seed bun, cheese, tomato, onion, and lettuce. The background is dark with a subtle bokeh effect. The text is arranged in a clean, modern layout with a mix of white and green colors.

Happy Birthday

Happy Birthday to Alejandra,
Josh AK and Molly L



Christmas Party

The annual Christmas party is planned for Tuesday, December 19 (400PM-630PM) at the Lawson. There will be lots of fun in the pool before a pot luck supper and Secret Santa gift exchange. Intro and Recreational please bring desserts, Prospect and Junior please bring salads, and Junior Nat and Elite please bring a hot dish. Coaches will be drawing names for the Secret Santa gift exchange (gifts under \$25) next week. If you do not wish to participate in the exchange just have your swimmer ask their coach to not include their name in the draw.

Christmas Home Training Camp

Home training camp will be offered December 28-December 31 at the Lawson, sign up on the events page will be coming soon. This camp is available to Prospect, Junior Provincial and Junior National swimmers.

Contact Us

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

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect

