

Upcoming Events

ManSask LC Champs,
Winnipeg MB

July 6-10

Summer Swim Camps

July 10-28

Far Westerns

Concord CA

July 25-August 1

Regina Optimist Dolphin Swim Team

End of Season Newsletter July 3, 2023

Swimmers who attended the end of season party June 28 had lots of fun in the pool and enjoyed pizza and treats afterwards. Special thanks to Sanela Begic Le who hosted the party. Your help and support is appreciated by all.



Thank You Coach Breanna

Coach Breanna will be leaving us to continue her education. Thank you Breanna for your many years spent swimming and coaching with the team. You will be missed by all! You are a wonderful mentor and role model for our swimmers. Our best wishes to you.



Hot Dog Sales

Thanks to team sponsor Capital Auto Mall for hosting hot dog sales for our Far Westerns swimmers. Sign up is available for Far Westerns swimmers only, everyone please sign up - we need to fill all the shifts. Dates are Friday, July 14 and Saturday, July 22.

Officials Needed at ManSask

Please see the following information regarding ManSask. If you are traveling to the meet please consider signing up to help.

Below are the sign up links for positions. Please check back regularly and volunteer often. We still have over 375 positions (That is **75% still needed**) to be filled over the 4 day meet (only 3 days away). Please sign up today- Don't Wait!!!! We really need you!

**NEW INFORMATION REGARDING OFFICIALS:

"Red Swimming Canada Officials shirts will be handed out to ManSask Stroke & Turn Officials. One shirt per official on a first come, first serve basis. Stroke & Turn officials are asked to wear this shirt for ManSask Sessions. If shirts are no longer available, you are welcome to wear white for the meet. Chief Timer and Timers are to wear white shirts"

[ManSask Set Up](#)

[Session 1](#)

[Session 2](#)

[Session 3](#)

[Session 4](#)

[Session 5](#)

[Session 6](#)

[Session 7](#)

[Tear Down](#)

Happy Birthday

Happy Birthday Ariel, Stephanie,
Emerson and Cashis



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 July 30.

Rider Game dates for the season have also been posted.

More information and sign up for Exhibition clean up August 2-6 will be coming soon.

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

Congratulations

Congratulations to Ben Bottrell on his Grade 12 Graduation from Campbell Collegiate. Ben will be attending the U of R in the fall and swimming with the Cougars.



We are excited to share the following dates for our **2023-2024 Home Meets**:

- Winter Solstice December 9-10, 2023
- Winter Classic January 19-21, 2024
- Michelle Moore Invitational May 10-12, 2024
- ManSask July 4-7, 2024

Please mark your calendars with these dates now to ensure your availability!

Registration for the 2023-2024 swim season will be available on August 1st, 2023 including new groups, new schedules and new season calendar. Please watch for updates later in the month.

Summer Swim Camps

Summer swim camps are open for sign up on the events page. Camps will be open to Junior, Prospect and Intro to Competitive. The cost is \$120 per week or \$325 if you sign up for all three weeks. Monday through Friday 4:00-6:00PM.

Monday	Tuesday	Wednesday	Thursday	Friday
Freestyle Closed turns	Breaststroke Open turns	Backstroke Closed turns	Fly Open turns	IM

July 10-14 Lawson Aquatic

July 17-21 Lawson Aquatic

July 24-28 Wascana Outdoor Pool (Monday, Wednesday, Thursday) and Regent Pool (Tuesday, Friday)

REGINA OPTIMIST DOLPHINS SWIM TEAM

Summer Swim Camps
Monday through Friday
4:00-6:00PM

Summer Camp
SWIMMING PROGRAM

ENROLL NOW

Open to Junior, Prospect and Intro to Competitive Groups
Team members sign up on the events page
Open to Dolphin Level swimmers
Registration on the lessons registration page

July 10-14 Lawson Aquatic
July 17-21 Lawson Aquatic
July 24-28 Wascana Outdoor Pool

www.ReginaDolphins.com
Email: office@reginadolphins.com

Regina Optimist Dolphins Swim Team
1717 Elphinstone Street
Lawson Aquatic Centre

FOR MORE INFO CALL :
306-586-3909

<https://www.teamunify.com/team/canrodsc/controller/cms/admin/index?team=canrodsc#/calendar-team-events>

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