

Upcoming Events

SAGM
Classroom 2
June 14 at 7PM

Mike Mintenko Outdoor
Summerfest, Moose Jaw
June 17-18

Regina Optimist Dolphin Swim Team

Weekly Newsletter June 10, 2023

SAGM

Date: Wednesday, June 14, 2023 @ 7:00pm

Location: Lawson Classroom 2

We have some important changes being proposed to our handbook and it is important that our members understand the rationale for and are a part of the decision-making process on these changes.

We will also have a very special announcement about our new Head Coach & General Manager - you won't want to miss this news!

The objectives of this meeting are as follows:

- a) Presentation of the operating budget for 2023-24 season.
- b) Adoption of any Handbook updates (including meet and fee surcharge updates) for 2023-2024
- c) Election of open Board positions for the 2023–2025 seasons
(nominations are open for board positions)

Mike Mintenko Outdoor Summerfest

This meet is one of the most fun of the season and is held in Moose Jaw at the Phyllis Dewar outdoor pool **June 17 and 18**. Deadline to sign up/decline is Saturday, June 10. All Junior and Prospect swimmers are signed up and Intro to Competitive swimmers are strongly encouraged to sign up. This outdoor meet is always lots of fun and a great way to wind up the season. This is a self-drive or carpool meet. You can also just attend one day if you would like.



Swimmers of the Month for May

**Congratulations Georgia
Recreational**



**Congratulations Natiana
Intro to Competitive (University)**



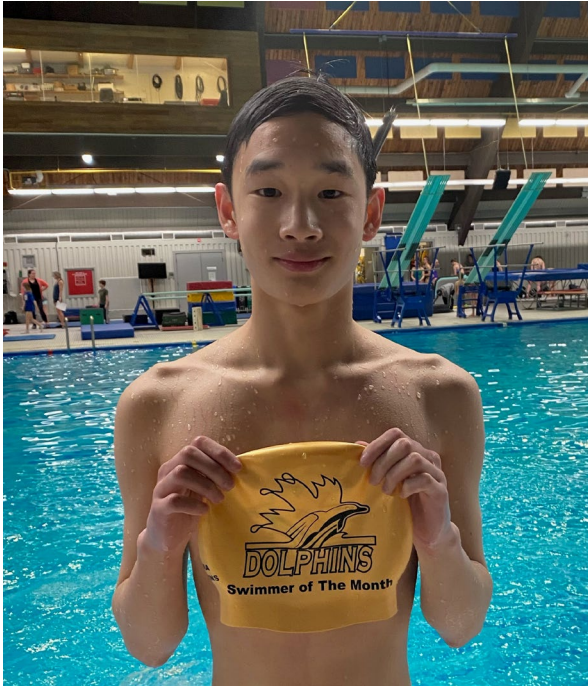
**Congratulations Alvin
Intro to Competitive (Lawson)**



**Congratulations Natalie
Prospect**



**Congratulations Josh
Junior**



**Congratulations Roman
Junior Advanced**



Congratulations Sadie Elite



Lawson Pass Cards

Please ensure that you always use your pass card when entering the Lawson. This is how they keep track of how many swimmers we have and affects how they allocate pool space. If you need a new card please get one from the office.

Happy Birthday

Happy Birthday Tenley!



RODS Attend 4 Different Meets last weekend AGI Etobicoke ON, CSI Calgary AB, UCSC TREX Calgary AB, and Mel Zajac Vancouver BC

What a weekend the Dolphins had with swimmers competing at meets across the country. We are so pleased to be able to offer racing opportunities for swimmers at all levels on our team. It was a fantastic weekend with swimmers achieving best times, finals and also winning medals. So many great accomplishments!

Medalists from AGI

Ava silver 1500 🏆
Cashis silver 50bk 🏆
Annabelle silver 200 IM 🏆
Annabel silver 400 IM 🏆

Medalists from CSI

Josh AK silver 50 breast 🏆
Gillian bronze 800 free 🏆
Isaac silver 200 IM 🏆
Soren bronze 400 free 🏆
Josh AK bronze 100 breast 🏆
Roman bronze 200 back 🏆
Isaac bronze 200 breast 🏆
Sadie silver 100 fly 🏆
Nathaniel silver 1500 free 🏆

Medalists from UCSC TREX

Neven 2nd 50 free 🏆
Jane 2nd 200IM 🏆
Neven 3rd 50 back 🏆
Neven 2nd 100 fly 🏆
Nevel 1st 200 free 🏆



Let's gather as a team to celebrate the end of the swim season with the RODS Summer Social!

July 3rd from 5:00-9:00pm (come & go)

Browns Social House (East)

Veggie, Beef & Chicken Burger options with Fries or Salad

25\$/ticket

Swimmers traveling to San Francisco in July will be there selling 50/50's to help offset costs of their meet!

Tickets for swimmers to sell will be available in the office. You can also book tickets on the events page.

Cost is 25\$/ ticket, with \$7.65 going straight to your swimmers account!

For every ticket you sell, your swimmer will be entered into a draw to win FREE registration for the 2023-2024 swim season!

If your swimmer is going to Far Westerns & would like to split the proceeds of the 50/50, please go to the events page to sign them up to help.

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 June 30.

Rider Game dates for the season have also been posted.

Sign up to run a cash register and sell beer at the section 28 bar at Mosaic Stadium. People who sign up for this event must be at least 19 years of age and must complete the Special Occasion Responsible Service of Alcohol online course which is required in Saskatchewan for all people who serve alcohol. The cost of this course is \$10 but the certificate is good for 4 years. Go to stec.skillbuilder.co to access the online course.

Typically, we work 2.5 hours before kick-off and 2.5 hours after kick-off. Workers are paid at the end of the football season. Each game pays approximately \$85 plus tips. Tip money is divided at the end of each game and immediately shared with those workers who worked the game.

Contact Scott Adelman at scott_adelman@hotmail.com if you are interested in working any Rider games this year.

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

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

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

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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www.reginadolphins.com

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

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