Upcoming Events

Mike Mintenko Outdoor Summerfest, Moose Jaw June 17-18

End of Season Party
June 28



Weekly Newsletter June 17, 2023

SAGM

Thank you everyone who attended our important SAGM. For those unable to attend following are some details from our President.

Hello RODS!

Thank you to all of those who attended our SAGM last night. We had a very full meeting with meaningful discussion and ample support. We are very excited to welcome **Baylee Munro as our incoming Head Coach and General Manager**. If you were unable to attend, it is important for you to go to THIS LINK and read the documents. Of particular interest should be the updated policies contained in our handbook and the new policies around home meets. All changes were unanimously accepted by those in attendance and therefore the handbook will be moved to a final version and posted on our website.

Some important highlights: (please see the handbook for specifics!)

- We are doing away with the volunteer bond and are instead building in some incentives & participation expectations
- We will be offering a 5% discount on swim fees to those families who have a swimmer who coaches in our JD program
- We will be offering a 50% discount on meet fees for those who chaperone
- We will be offering a 50% discount on meet fees for those with level 2 training who work our meets
- We will be including the timer & safety marshal official training as a requirement for registration
- We will be requiring 1 volunteer from each family in the competitive program to work at our home meets in order for swimmers to participate

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. Please watch the newsletter for updates.

Erin RODS President







Board of Directors for 2023-2024

Executive:

President: Sandi Olfert

Vice President: Shenda Stewart Director of Finance: Kathleen Eisler Director of Admin: Julia Dickinson

Past President: Erin Harlos

Director at Large Positions:

Director of Fundraising: Tracy Archer

Director of Technology & Swim Sask Liaison: Tyler Koyl Director or Events & Sponsorship: Sanela Begic Le Director of the Junior Dolphin Program: vacant

U of R Cougar Swim Team Liaison: Kirsten Brough & Andrea Axelson

If you are interested in a board position as Director of the JD Program please contact the office.



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.

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

Regina Dolphins Swim Team - Events (teamunify.com)

Lululemon Summer Order

As requested, we are doing a summer order for Lululemon. Our team sales are HALF PRICE of retail although when we order only in-stock colours and sizes are shipped. Send in the form for any requested items and your account will only be charged for items they can supply.

One order is womens items and one is mens items, please order ASAP to for best selection of colours. We'll send an order in on Monday.

https://docs.google.com/forms/d/e/1FAIpQLSdagQADY7YHkXtgLUba0Ok Y6KGIAfAPbjGqHoxKc2LaNEcWyA/viewform?usp=sf_link

https://docs.google.com/forms/d/e/1FAIpQLSevQXLS32hvC0bkHP7yD2awGGbPQhyNgNLMuzPYnyVHCMFmZA/viewform?usp=sf_link



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

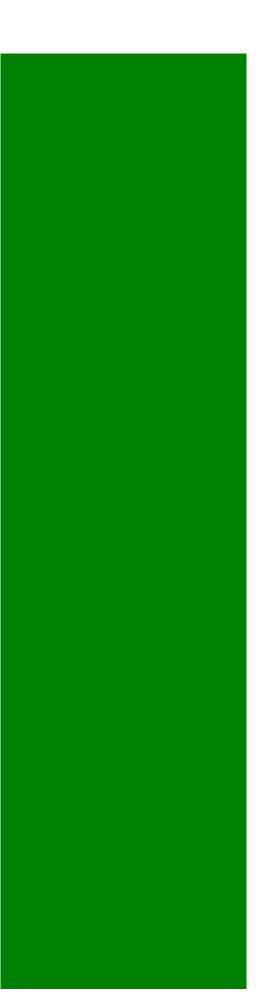
July 3rd from 5:00-9:00pm (come & go)
Browns Social House (East)
Veggie, Beef & Chicken Burger options with Fries or Salad
25\$/ticket

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 are 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!



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 for one shift. Dates are Saturday, July 15 and Saturday, July 22.

End of Season Party

The last day of the regular season for Recreational, Intro to Competitive, Prospect and Junior swimmers not attending ManSask is **Wednesday**, **June 28**. Be sure to attend for lots of fun and games, relays and pizza party to follow. Please sign up on the events page if you are planning to attend to help us in organizing the event.

https://www.teamunify.com/team/canrodsc/page/events#/team-events/upcoming

Summer Swim Camps

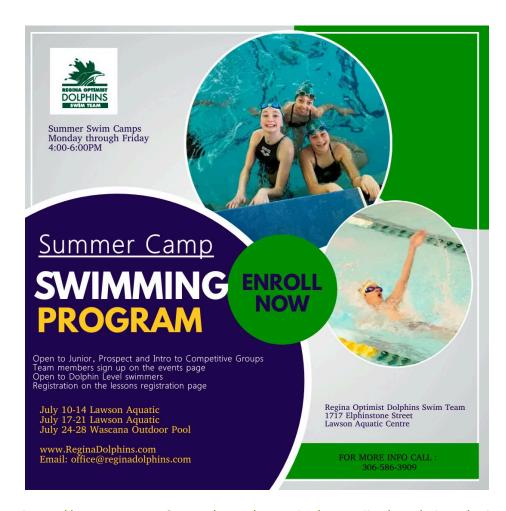
Summer swim camps are open for sign up on the events page. Camps will be open to Junior, Prospect and Intro to Competitive. The cost is \$120 per week or \$325 if you sign up for all three weeks. Monday through Friday 4:00-6:00PM.

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

July 10-14 Lawson Aquatic

July 17-21 Lawson Aquatic

July 24-28 Wascana Outdoor Pool



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

Contact Us

Regina Optimist Dolphins Swim Team 355-4246 Albert Street

Regina SK

S4S 3R9

306-586-3909

of fice @ reginadol phins.com

www.reginadolphins.com

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

Thank you to our Sponsors

































Pride, Discipline, Loyalty, Commitment and Respect