

Upcoming Events

End of Season Party

June 28

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

Weekly Newsletter June 23, 2023

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 the newsletter for updates.

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 of Events & Sponsorship: Sanela Begic Le

Director of the Junior Dolphin Program: Kim Hebert

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

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.

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

[Regina Dolphins Swim Team - Events \(teamunify.com\)](https://www.teamunify.com/team/canrodsc/page/events#/team-events/upcoming)

Lululemon Summer Order

The Lulu order is on the way, should be ready for pick up next week.

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 the party 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 with ordering the pizzas.

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

Happy Birthday

Happy Birthday Alex and Everett



Summer Social



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, thanks to all who have already picked up.

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!

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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www.reginadolphins.com

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

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect