

Upcoming Events

CSI/UCSC TREX

Calgary

June 1-4

SAGM

Classroom 2, Lawson

June 14 at 7PM

Mike Mintenko Outdoor
Summerfest, Moose Jaw

June 17-18

Regina Optimist Dolphin Swim Team

Weekly Newsletter May 26, 2023

Michelle Moore Swim Meet presented by Regina Orthodontic Group



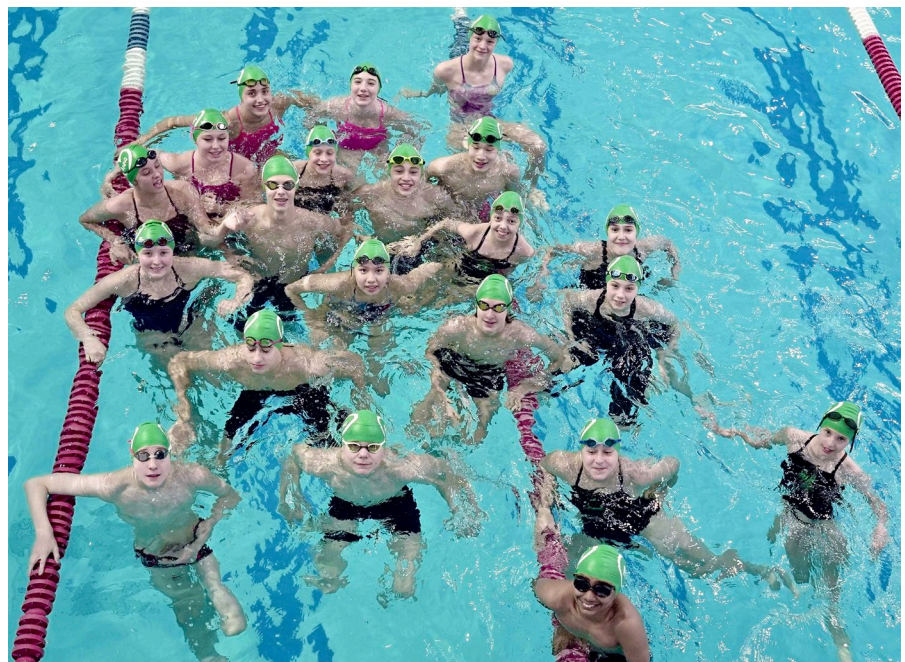
Thank you to our meet sponsor Regina Orthodontic Group and for providing swag bags for our volunteers. Thank you to all the volunteers who came out to help make our meet a great success.

We would also like to thank

- The Broken Rack for sponsoring our team and providing a hot meal for our volunteers and coaches.
- Dairy Queen (Elphinstone, Rochdale and Normanview locations) and Capital Ford Lincoln for providing prizes for our bell heats.
- Victoria's Tavern for providing a prize for the volunteer draw
- Donors for the raffle table prizes – Elle's Café, Dominos Pizza, 1 OAK Construction, Vipeq, Lotus and Oak Salon, Style Academy, Progressive Automotive, K Fullerton Hair, Suds Full-Service Car Wash, Knotty Mind Macrame, Butcher Boy Meats, Malty National Brewing Corp.

Anna Rondeau Challenge

Great job all swimmers who participated in the Anna Rondeau Challenge



The GoFund Me is still open if you would like to donate

<https://www.gofundme.com/f/m5han-anna-rondeau-memorial-scholarship>

CSI 2023 and UCSC TREX Calgary Meets

The Calgary meets are **June 2-4**. Our bus will leave 830AM Thursday, June 1 and return late on Sunday June 4. Hotel is Days Inn MacLeod Trail. We would still like 1 more chaperone for this trip. There is room for any parents wanting to travel there on the bus. Livestream will be available.

Good luck to our RODS swimmers attending OJI and Mel Zajac meets next weekend.

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 Sunday, June 4. 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.

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 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>

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.

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

Happy Birthday

Happy Birthday to Berlin, Jada, Taylor, Sebastien, and Natiana



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.

SAGM

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

Location: Lawson Classroom 2

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)

Mark your calendars to attend the SAGM June 14. There are board members coming to the end of their term so several positions will be open for next season. Please contact the office if you would like to put your name forward for next season.

Its very important that we have as many members as possible present as we plan for the new season.

Wascana Pool Test Leisure Swim

Please see the attached invitation to the new Wascana outdoor pool test swim Wednesday, May 31. Please do not share with friends, this is for the swim groups only. Everyone registering must be a strong swimmer so we are recommending Intro to Competitive swimmers and up. This is not a family event, just the swimmers can attend this day. Sign up is limited and opens Saturday, May 27 at 7AM.



Greetings Aquatic User groups!

Re: Wascana Pool Test Leisure Swim

The City of Regina is excited to be opening the New Wascana Pool this summer and the Parks, Recreation and Cultural Services team has been working hard all year in preparation for a successful opening. As part of a safe, successful opening, lifeguards will be participating in on site orientation and training to the new pool followed by several controlled test leisure swims.

Aquatic user groups and members of their household are invited to participate in the first test leisure swim on **Wednesday, May 31st from 5 to 8 p.m.** User groups have been selected as the first group because we know there will generally be a high degree of swimming ability. We ask that all people in attendance have strong swimming ability. We understand this may mean some of your family members may not be able to participate, however be aware this is for safety reasons so we appreciate your cooperation in honouring this request. General City of Regina supervision guidelines still apply: any individual 7 years of age and under must be within an arm's reach of an adult.

This swim is pre-registration only with limited capacity. To register, please log online to your [Regina Recreation Online](#) customer account. The direct link to the activity is [here](#), or search for activity number 69576. Each individual attending the swim needs to register. Registration will open on May 27th at 7 a.m. and is on a first come, first serve basis. There is no cost for this swim. **Please do not share this activity number with the general public; at least one member of your party must be a registered member of a user group.** Club membership may be confirmed.

During the swim, you will have access to amenities including water slides, lazy river, spray features, diving boards, and climbing wall. Lifeguards may open and close the amenities throughout the test swim to meet the training needs of the swim. There will be a simulated emergency during the test swim, and you may be asked to leave the pool for the duration of the simulated emergency.

Wascana Pool is located at 2400 Wascana Drive. Parking will be available in University of Regina lot 20. Vehicles must be registered at the parking kiosk located inside the Wascana Pool change building. Please see the cashier for the parking coupon code.

You will receive a link to a survey after the swim to provide feedback on your experience so we can provide the best experience possible on opening day. Thanks for your help!

Sincerely,

Amy Kent
Coordinator, Recreation Program Services

Contact Us

Regina Optimist Dolphins Swim Team
355-4246 Albert Street

Regina SK
S4S 3R9

306-586-3909
office@reginadolphins.com
www.reginadolphins.com

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

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect