



WEEKLY NEWSLETTER

Friday, August 23, 2024

Upcoming Events

Welcome Back BBQ – Tuesday, September 3

Team Photos – Monday, September 9

Team Building – Friday, September 13 and Saturday, September 14

Terry Fox Run – Sunday, September 15

Regular Training Begins – Monday, September 16

WELCOME TO THE 2024/25 SEASON

We are excited to welcome back members as well as welcome new members to the new season! Team registration is open. Information regarding the schedules, groups, and new season calendar can be found on the team registration page. [Team Registration](#)

Pay your annual fees by the end of August to receive 5% off the entire amount. Families with multiple swimmers receive discounts of: 2 swimmers 5% discount, 3 swimmers 7.5% discount, and 4 swimmers 10% discount on fees.

All accounts require a valid credit card on file. Monthly fees can either be charged to the credit card or payment can be sent by e-transfer to payment@reginadolphins.com by the 25th of the month.

Please ensure your registration is completed before September 3 for the new season. All swimmers must be registered before training starts.

Team t shirts and caps can be ordered with registration for pick up at the BBQ but are available throughout the season when needed.

Regina Optimist Dolphins Swim Team
Mailing Address: 355-4246 Albert Street, Regina SK S4S 3R9
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We will be making one group order for Speedo team suits and team hoodies at the start of the season. Order these with your registration, at the BBQ, or by emailing the office at office@reginadolphins.com. We will have hoodies at the BBQ to try on for sizing.

Make sure to check out our team store with Lysports at: <https://www.lysports.com/team/regina-optimist-dolphins/> Use our code **RODS2023** for further discounts and benefit to our team. Recommended equipment is shown on our page but you can also order any items available through their website.

New Assistant Coach Makenzy Kennedy

We are so happy to be welcoming Coach Makenzy to the team! Makenzy comes to us from Simon Fraser University where she was an Assistant Coach with the SFU varsity swim team.

Makenzy will be the coach for the Junior Provincial group as well as assisting with the Cougars and Elite group.



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Welcome Back BBQ

Welcome Back BBQ, Tuesday, September 3 (5PM-7PM)
Argyle Community Centre, 35 Davin Cres

- Annual RODS welcome back BBQ for all swimmers and families. Coaches and board members will be there to discuss the upcoming year, help with registration, or any other questions you may have.
- Meet your coach, swimmers in your group as well as other parents
- Sign up sheet will be available for chaperones for travel meets this season
- Pick up pre-ordered team shirts and caps
- Confirm sizes for team suits and hoodies, sample hoodies will be available to try on

The club will supply burgers (veggie option also) hot dogs, buns, plates, napkins and cutlery

Elite, Junior and Prospect groups please bring a salad or side dish

Intro and Recreational groups please bring a dessert

Please remember your whole family is welcome!

To help with the planning process, please indicate the number of people in your family that will be attending.

[Regina Dolphins Swim Team - Events](#)

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First Two Weeks

As always, the start of the season is slightly different from the regular schedule. All training will be held at the University pool during this time as the kids get back into the water and gear up for the new season. Swimmers be sure to bring swim gear as well as dryland clothes and runners for outdoor games and activities.

Competitive groups start back on September 4 and Intro and Recreational on September 5. Team photos with Piper Sports Photography will be held on Monday, September 9. There will be team building activities for everyone September 13 and 14, more details will be coming soon. Regular schedules will begin September 16.

First 2 Week Schedule (as of July 28th, 2024)								
	Monday 02-Sep	Tuesday 03-Sep	Wednesday 04-Sep	Thursday 05-Sep	Friday 06-Sep	Saturday 07-Sep	Sunday 08-Sep	
Week 1	Elite	Labour Day	Welcome Back BBQ	Dryland: 2:30 - 3:30 / Swim: 3:30 - 4:30	Dryland: 2:30 - 3:30 / Swim: 3:30 - 4:30	Dryland: 2:30 - 3:30 / Swim: 3:30 - 4:30	Off	
	Junior Nat	Labour Day	Welcome Back BBQ	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Off	
	Junior Prov	Labour Day	Welcome Back BBQ	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Off	
	Prospect	Labour Day	Welcome Back BBQ	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Off	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Off	
	Intro	Labour Day	Welcome Back BBQ	Off	Swim: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Off	
	Rec	Labour Day	Welcome Back BBQ	Off	Swim: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Off	
	09-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	
Week 2	Elite	Dryland: 2:30 - 3:00 / Swim: 3:15 - 4:30	Dryland: 2:30 - 3:00 / Swim: 3:15 - 4:30	Dryland: 2:30 - 3:00 / Swim: 3:15 - 4:30	Dryland: 2:30 - 3:00 / Swim: 3:15 - 4:30	Team Building	Team Building	Terry Fox Run
	Junior Nat	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Off	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run
	Junior Prov	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Off	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run
	Prospect	Dryland: 4:30 - 5:30 / Swim: 5:30 - 6:30	Off	Swim: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Swim: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run
	Intro	Swim: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Swim: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Team Building	Team Building	Terry Fox Run
	Rec	Swim: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Off	Off	Swim: 4:30 - 5:30 / Dryland: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run

All Training @ the U of R

Regular schedules for each group are emailed to swimmers every month and can be found on the website at:

[Training Schedules](#)

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Team Photos

Photos will be held Monday, September 9 in Room CK222 at the University.

Piper Sports Photography will be on site on September 9 only. Please make every effort to attend. Swimmers will go up before or after swim, or during their dryland time at practice. Swimmers please wear your **green** RODS shirt, shorts and runners. Please be on time for your scheduled time as we have the room from 3:00-5:30PM only and cannot stay late.

Intro/Recreational: 3:50-4:20 (before swim)

Junior 4:20-4:40 (during dryland)

Elite/Varsity Elite: 4:40-5:00 (after swim)

Prospect: 5:00-5:20 (during dryland)

Fundraising

Please go to our events page to sign up for Bingo, Rider Games and other fundraising opportunities. 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.

Rider Game dates for the season have been posted. New Bingo dates will be coming soon.

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

Fall Fundraiser

Our first fundraiser of the new season is an **Apple Fundraiser** through Ferster's Market in BC. This fundraiser was a big success the last two years and the apples were just fantastic! Fresh BC apples are harvested at *Prime Time* giving you the best quality, freshness and off the tree taste. **Sales will open September 3 and end September 15.** Watch for an email with more information and order forms coming soon.

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Home Meets for 2024/25

Winter Solstice Meet

November 29-December 1, 2024

Winter Classic

January 17-January 19, 2025

ManSask Winter Championships

March 6-9, 2025

Michelle Moore

May 9-11, 2025

Please mark your calendars now to ensure you are available these weekends. We need volunteer help from all families with swimmers attending to host these events.

Travel Meets for 2024/25

Travel meets are one of the best parts of being a competitive swimmer. Apart from the amazing team building, team travel teaches young swimmers independence and responsibility. Our team offers team travel for our swimmers whenever possible. Swimmers travel by bus, stay at the hotel, and eat meals with the team. Some travel meets are for qualified (Q) swimmers only. Moose Jaw meets are self travel.

Our swimmers cannot attend these meets without chaperones volunteering. When you chaperone you spend the weekend with the team at the hotel and pool. Sometimes chaperones are asked to drive rental vans. Chaperones receive free transport, accommodations and meals as well as 50% reduction in meet fees for their swimmer(s). It's one of the best ways to support our swimmers, get to know all the kids, and watch some great swimming at the meet. Please review chaperone information here [Chaperone Guidelines](#)

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We will need 2 chaperones for each of the following planned team travel meets. Information about chaperoning and sign up will be available at the BBQ. Please sign up for any meets you would be available to chaperone; chaperones will be selected by the Head Coach and Office Manager.

Goldfins Brainsport, Saskatoon
October 31 – November 2

Lasers Meet, Saskatoon
November 23-24

Prairie Winter Invitational, Winnipeg (Q)
December 5-8

Cougars/Elite Training Camp, Orlando (Invitation)
One chaperone, must be able to drive a van while there
December 27-January 6

Goldfins Winter Classic, Saskatoon (Q)
January 31 – February 2

Cascade Swimming International, Calgary (Q)
May 28-June 1

ManSask, Winnipeg(Q)
July 3-6

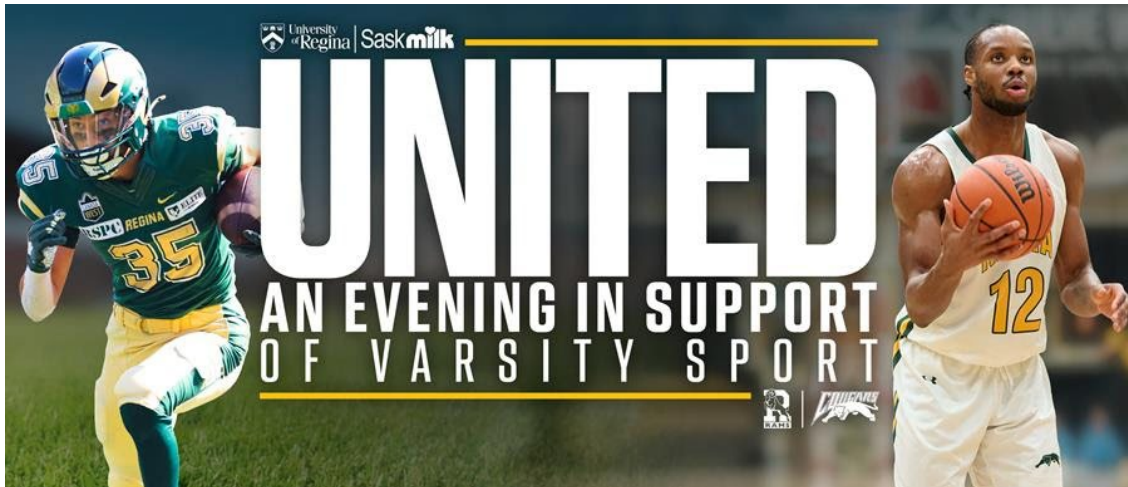
Alberta Summer, Edmonton (Q)
July 23-28

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TICKETS ON SALE NOW!

UNITED:

An Evening in Support of Varsity Sport

SATURDAY, SEPTEMBER 14th, 2024

The University of Regina is pleased to announce that the annual President's Event, **UNITED: An Evening in Support of Varsity Sport**, will be held on September 14th at the Casino Regina Show Lounge.

It will be a night of comedy, musical entertainment, appetizers, spirits, and of course, community connection.

Once again, net proceeds of An Evening in Support of Varsity Sport will support scholarships and program enhancement for our student-athletes. The President's Office will once again complement your support by matching a portion of the funds raised from the evening.

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We look forward to celebrating the kick-off of our athletic season together. This year we have two incredible entertainers for you to enjoy:



KELLY TAYLOR

Kelly Taylor was headlining shows just 9 months after his first time on stage. In his second year of comedy, he placed second in the Just for Laughs Homegrown competition, caught the eye of NBC Universal, Happy Gilmore Productions, and Jimmy Kimmel, and was named Canadian College Comedian of the Year. Since then, Kelly has performed at various festivals and well-respected clubs across the US and Canada.



THE OTHERZ

The Otherz Band came to be when, back in 2009, Archie Stewart's band couldn't make a gig. After a series of phone calls, Rob Thompson, Jason Adolph, and Trent Mailander came to Archie's aid. While each had their own band, these good ol' Saskatchewan boys continued to play with their "other band", and eventually began sprinkling a few more performances together. Now, The Otherz Band has played everything from 60s & 70s classics to 80s hits & 90s country for crowds of 10 to 10,000 across three provinces. As a group, they're known to bring the party, evolve their music to stay current with crowds of all ages, and have fun.

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· EVENT DETAILS ·

Location: Casino Regina Show Lounge (19+)

Cocktails: 6:30pm

Program: 8:00pm

Live Music: 10:00pm

Dress Code: Business Casual

See you on September 14th!



Support our student athletes by attending this fun event. Remember to select "SWIMMING" from the drop down menu.

[Get Your Ticket Here](#)

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Big THANK YOU to our returning team sponsors

CAPITAL
AUTOMOTIVE GROUP

Engelheim 

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