



WEEKLY NEWSLETTER

Friday, September 13, 2024

Upcoming Events

Mental Skills 7-8PM (Room EA106.2) on Friday, September 13

Scavenger Hunt 10-11:30AM on Saturday, September 14

Terry Fox Run – Sunday, September 15

Regular Training Begins – Monday, September 16

Norm Banfield Memorial Meet – October 4-6

WELCOME TO THE 2024/25 SEASON

Thanks to team sponsor **Capital Automotive** for providing the Capital BBQ Grill for our Welcome Back BBQ. It was great to see so many members attend!

If you haven't signed up for the Scavenger Hunt on Saturday please do that today so your swimmer is assigned to a team. Meet at 10AM outside the Kinesiology Building doors, parking lot 10.

[Upcoming Events Page](#)

After a busy first two weeks at the University we are ready to start regular schedules on Monday, September 16. Regular schedules for each group are emailed to swimmers every month and can be found on the website at:

[Training Schedules](#)

Regina Optimist Dolphins Swim Team
Mailing Address: 355-4246 Albert Street, Regina SK S4S 3R9
Office Address: 1717 Elphinstone Street, Regina
Email: office@reginadolphins.com Phone: 305-586-3909



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There have been a few changes to the Team Calendar such as a change of date and location for the Marlins Spring Ice Breaker Meet March 29 and Summer ManSask is moved a week later to July 10-13 in Winnipeg.

[2024-25 Team Calendar](#)

Attend the annual **Terry Fox Run** this Sunday, September 15. We are running to honour swim dad Mike Brough who sadly passed away this summer. Its easy to sign up online



<https://run.terryfox.ca/55943/add/registration/individual>

Terry Fox Run in Memory of Mike Brough
Sunday, September 15th, 2024

Registration Opens: 12:00pm at Noon

TEAM PHOTO: 12:45pm (please be here before 12:45pm)

Brief Ceremony: 1:00pm with Run to immediately follow

Location: TC Douglas Building / MacKenzie Art Gallery

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OUR RODS COACHES FOR THE 2024/25 SEASON



Head Coach Baylee



Coach Makenzy



Coach Mitchell



Coach Rick



Coach Jordan



Coach Jada



Coach Olena

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Make sure to check out our team store with Lysports at:

<https://www.lysports.com/team/regina-optimist-dolphins/> Use our new code **RODOLPHINS** 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.

On Deck App



OnDeck (4+)
SportsEngine, Inc.
★★★★★ 4.7 • 237 Ratings
Free

If you do not have this app yet please go to the app store and download it. The log in will be the same as for your SportsEngine account. This is an easy way to stay up to date with team info and events. Make sure to have notifications set to on.

Fundraising

Our first fundraiser of the new season is the **Apple Fundraiser** through Ferster's Market in BC. **Sales will close on Sunday, September 15! Please get your orders in ASAP.**

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)

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Norm Banfield Memorial Meet

The first meet of the season, hosted by the Regina Marlins, will be held at the Lawson Aquatic Centre October 4-6, 2024.

For all groups: Intro to Competitive, Prospect, Junior Provincial, Junior Advanced, Elite

Prospect and up swimmers are automatically signed up. Decline date if you are unable to attend is September 22.

Intro swimmers are encouraged to sign up if they would like to participate. Your coach will select appropriate events. Click the link below to sign up or decline.

[Upcoming Events Page](#)

Session 1 Friday 430PM warmups 540PM racing starts

Session 2 Saturday 900AM warmups 1010AM racing starts

Session 3 Saturday 400PM warmups 510PM racing starts

Session 4 Sunday 900AM warmups 1010AM racing starts

Swim Meet Information for New Parents

Read this article posted on the website to find out more about attending a swim meet.

[Information for New Parents](#)

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FALL 2024 VIRTUAL OFFICIALS CLINICS



REGISTRATION OPEN SOON!

STROKE & TURN

SUNDAY, SEPTEMBER 22
8:30 AM - 12:30 PM
Sign up by 8am on Sept 19

STARTER

MONDAY, SEPTEMBER 23
6:30 PM - 8:30 PM
Sign up by 8am on Sept 20

MEET MANAGER

SATURDAY, OCTOBER 19
8:30 AM-12:30 PM
Sign up by 8am on Oct 17

CFJ/CJE/RECORDER

SUNDAY, OCTOBER 20
8:30 am - 12:30 pm
Sign up by 8am on Oct 17

STARTER

THURSDAY, OCTOBER 24
6:30 PM - 8:30 PM
Sign up by 8am on Oct 22

STROKE & TURN

SATURDAY, OCTOBER 26
1:00 PM - 5:00 PM
Sign up by 8am on Oct 24

STARTER

WEDNESDAY, NOVEMBER 13
6:30 PM-8:30 PM
Sign up by 8am on Nov 12

STROKE & TURN

SUNDAY, NOVEMBER 17
12:00 PM - 4:00 PM
Sign up by 8am on Nov 14

OFFICIALS MUST COMPLETE INTRO TO OFFICIATING (TIMEKEEPER) AND SAFETY MARSHAL E-MODULES PRIOR TO ATTENDING THESE CLINICS.

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THANK YOU TO OUR TEAM SPONSORS



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AIR CANADA 

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