

## Upcoming Events

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Lasers Short Course  
Saskatoon  
November 18

AGM  
Classroom 2  
November 21

Winter Solstice Meet  
December 9-10  
Lawson Aquatic

JP Fiset Invitational  
Edmonton  
December 15-17

# Regina Optimist Dolphin Swim Team

Weekly Newsletter November 10, 2023

Swimmers of the Month for October

Intro Silver RODS  
Congratulations Mina



Intro Silver Cougars  
Congratulations Amelia



Recreational  
Congratulations Emily



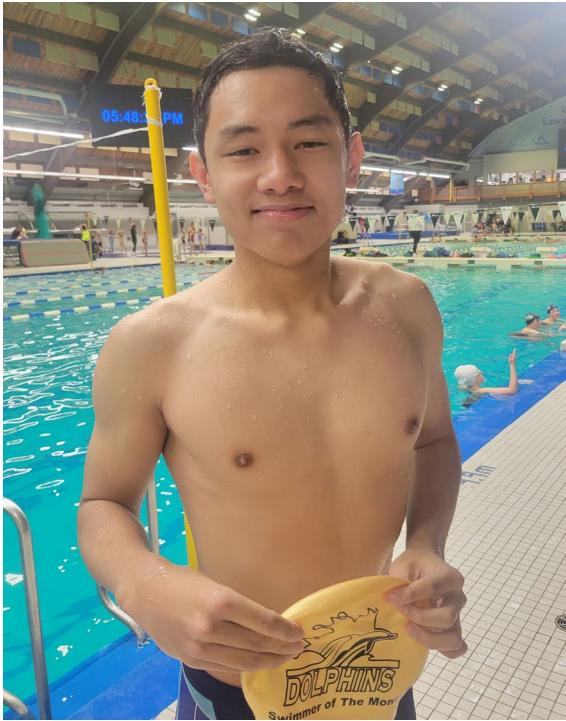
Prospect Silver  
Congratulations Tryg



Prospect Gold  
Congratulations Jazz



Junior Provincial  
Congratulations Tommy

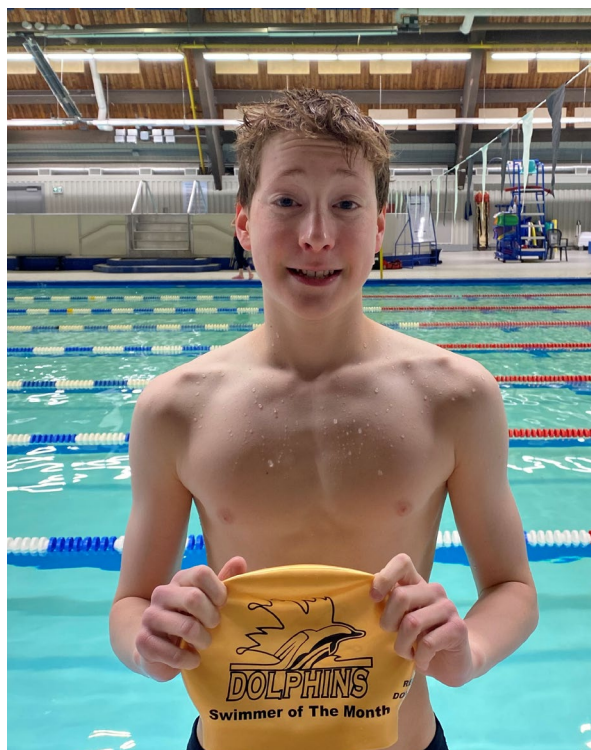




Junior National  
Congratulations Owen



Elite  
Congratulations Isaac



## Happy Birthday

Happy Birthday Sydney!



### NOTICE OF AGM

Tuesday, November 21

7PM

Classroom 2, Regina Fieldhouse

Please plan to attend to review the year-end financials and hear from our Head Coach and President

## Bennett Cup, Victoria BC

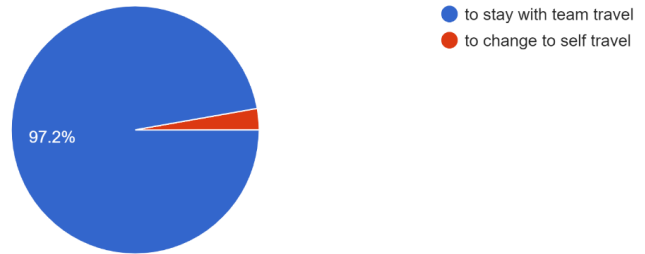
Good luck to our 11 swimmers who are competing in the Bennett Cup this weekend.



Thanks to all the members who responded to the team travel survey. Below see an overview of the results.

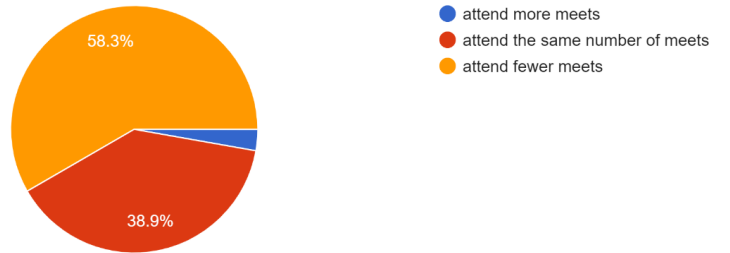
What would you prefer?

36 responses



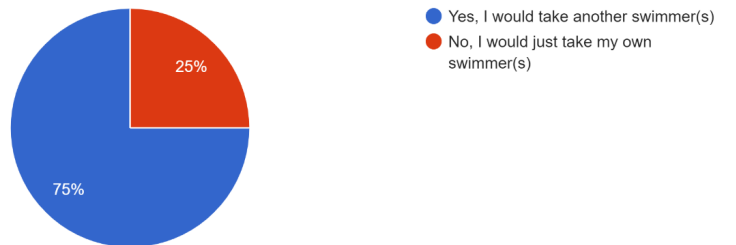
Would you attend more or less meets if we no longer provided team travel?

36 responses



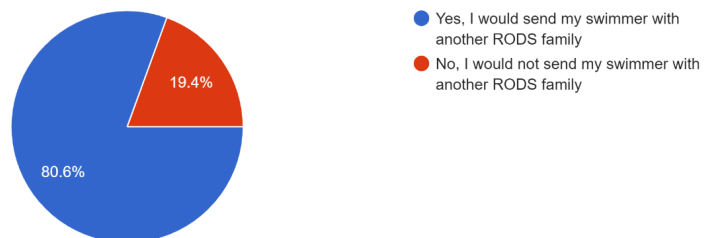
For a self travel meet, would you consider taking another swimmer(s) with you whose parents were unable to travel?

36 responses



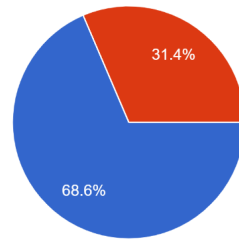
For a self travel meet, would you consider sending your swimmer with another RODS family if you were unable to travel?

36 responses



If the RODS had team travel, do you want the option to opt out and self travel?

35 responses



- No, keep team travel mandatory for swimmers aged 12+
- Yes, I want the option to opt out of team travel

## Lasers Short-Course Meet

The Lasers one-day meet is coming up Saturday, November 18, 2023 at the Shaw Centre in Saskatoon. We are happy to be able to provide bus travel for the day. The cost is \$66.80 per swimmer for the bus and we have space for any parents who would like to come along for the day.

Swimmers can bring packed lunch and snacks and we will order individual pizzas to eat for supper on the bus on the way home for anyone who would like to order.

Coaches are Mitchell Hebert and Rick Whitson

Chaperone: Calvin Fisher - thanks!

## College Cup and CanWest

Our Cougars swimmers attended College Cup last weekend and are preparing for CanWest in 2 weeks.



## Fundraising

We're excited to be partnered with Farmer John's Local Market and Kitchen for a fundraiser this fall. The webpage is live and easy to share with all your friends and family!

Visit <https://farmerjohns.ca/fundraising/> and click the link for the Dolphins. There you can pick the size of Baking Tray you would like to purchase. Closing date for orders will be November 29 with a pickup date of December 8 at the Lawson Office. There is also a manual form attached you can print to gather orders and payments. In addition, you will receive fundraising money to your account for each tray sold



**FUNDRAISING OPPORTUNITY**  
Christmas Dainty & Cookie Trays

|             | Pieces | Selling Price | Profit per tray |
|-------------|--------|---------------|-----------------|
| Small Tray  | 25     | \$35.00       | \$6.20          |
| Medium Tray | 50     | \$65.00       | \$11.00         |
| Large Tray  | 100    | \$120.00      | \$16.50         |



*When should I submit the orders that are noted on the manual form and how do I submit them?*

To assist in forecasting the amount of baking required for the pick up date and to track the amount your group has fundraised, I encourage you to submit your manual orders weekly. You can place the order yourself at <https://farmerjohns.ca/fundraising/> or you can send the form along with an etransfer to [audra@farmerjohns.ca](mailto:audra@farmerjohns.ca) and I can add it to the system for you.

**“Our bakery will be preparing the baking fresh for pick up and is a great item to keep in the freezer over the holiday season for unexpected guests!”**





Congrats on starting your 2023 Dainty and Cookie Tray Fundraiser! Please complete this form and either place your orders online at <https://farmerjohns.ca/fundraising/> or send a copy to [audra@farmerjohns.ca](mailto:audra@farmerjohns.ca) along with e-transfer. Thank you

The closing date for orders will be **November 29, 2023** with a pickup date of **Friday, December 8, 2023** at the Lawson Office or from your member proceeding the meet.

**Fundraising Group Name/Individual Name:** \_\_\_\_\_

| BUYER'S NAME        | PHONE # | SMALL TRAY-25 PCS \$35 | MEDIUM TRAY- 50 PCS \$65 | LARGE TRAY- 100 PCS \$120 | TOTAL AMOUNT COLLECTED |
|---------------------|---------|------------------------|--------------------------|---------------------------|------------------------|
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| <b>GRAND TOTALS</b> |         |                        |                          |                           |                        |

## Chaperones

Chaperones are always needed for our travel meets. Please contact the office if you are interested in chaperoning at a travel meet this season. It's a great way to get to know the kids better. You get your transport, hotel and meals covered. And you get to watch some great swimming! Please read the following document for more information. A current CRC/VSS is required. [Chaperone Guidelines](#)

## Winter Solstice Meet

Our first home RODS-hosted meet of the 2023-24 season is December 9-10 at the Lawson. This meet is for all Intro to Competitive swimmers and Prospects, and any Juniors not attending the Edmonton meet. We will need all parents to help out with the meet, volunteering as officials, helping with hospitality, raffle table, safety marshall and event marshalling; or planning the hospitality and raffle table beforehand. Team-hosted meets are an important fundraiser for our team and also a great opportunity for our swimmers to race at home.

All parents of Prospect and above swimmers need to be registered as an official and take, as a minimum, the Introduction to Swimming Officiating online course. All Intro to Competitive swimmers are encouraged to sign up.

## JP Fiset Invitational

We're excited to add JP Fiset to our meet schedule in December. As PWI is the same weekend as our home meet, this is a better choice for an exciting qualifying meet to end the short-course season. This will be a great trip to Edmonton to swim at the Kinsmen Sports Centre. We will be sharing a bus with a group of the Saskatoon Goldfins for a fun Team-Sask meet to Alberta. Dates are December 14-17 and you can see the updated qualifying times on the event page. We have 22 qualified swimmers and still an opportunity for others to qualify at the Lasers one-day meet this month.

## Christmas Party

The annual Christmas party is planned for Tuesday, December 19 at the Lawson. There will be lots of fun in the pool before a pot luck supper and Secret Santa gift exchange.

# Contact Us

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Swim Team

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

## Thank you to our Sponsors



*Pride, Discipline, Loyalty, Commitment and Respect*

