

Upcoming Events

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 17, 2023

Lasers Short Course

Good luck to all our swimmers traveling up to Saskatoon tomorrow for the Lasers one-day meet. Have fun and swim fast!

Live stream links:

Session 1: <https://www.youtube.com/live/8XtcHX6gHEg?feature=shared>

Session 2: https://www.youtube.com/live/K_1FGAFn1PE?feature=shared

AGM

7PM, Tuesday, November 21
Classroom 2, Regina Fieldhouse

AGENDA

- 1) Meeting call to order
- 2) Adoption of Agenda
- 3) Adoption of Minutes from June 2023 SAGM
- 4) Adoption of year-end Financial Statement (Aug 31, 2023)
- 5) President's Report
- 6) Head Coach Report
- 7) Adjournment

Please plan to attend!



Fundraising

Bingos are posted on the events page through the end of November and there are still spots to fill.

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

Less than 2 weeks left of our Christmas Baking Tray Fundraiser! Pass on the info to your family and friends, or take orders on the printed form.

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. 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



Happy Birthday

Happy Birthday Elisei and Arya!



Winter Solstice Meet



Our home meet “Winter Solstice – presented by Knight Archer Insurance” is coming up December 9-10. This meet is for all Intro and Prospect swimmers, and Junior swimmers who are not attending JP Fiset. We also need all our parents to sign up to help at the meet. Job sign up is now open.

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

All swimmers entered in the meet must have a parent volunteer signed up for the meet. We’re also requesting that all families help out even if your swimmer is traveling to a meet instead of swimming at home. We need everyone’s help to ensure our meet is successful. Swim meets are an important fundraiser for our team. Cougars swimmers please sign up to help if you are between exams. Swimmers 14 and over can take the “Intro to Officiating” online course and help with timing.

[Officials — Swim Saskatchewan](#)

Thanks to the following new officials who took the online course in preparation of the meet.

Cory Britton
Macy Harlos
Ava Harlos
Alyson Nameth
Renatta Varma
Murray Wright
Jessica Wright

Burger Night Fundraiser

The swimmers attending the Phoenix training camp are hosting a holiday burger night at Browns Social House on **Tuesday, December 5**. All swimmers and families are welcome to attend. Tickets can be purchased through the following swimmers, or from the office.

Melissa Adelman
Sadie Anderson
Josh Austin-Koyl
Ben Bottrell
Matthew Brough
Mitchell Brough
Isaac Currie
Aden Dickinson
Jada Dickinson
Soren Hansen
Ava Harlos
Moataz Hassan
Taylor Hebert
Stella Mulatz
Bes Rexha
Ben Stewart
Cashis Taypotat
Jenna Weldon

BROWNS SOCIALHOUSE
restaurant . bar . social

BURGER NIGHT!



Tuesday
December 5th
5pm – 8pm

\$25

Thank you for
supporting the



**Training Camp
Fundraiser**
(50/50 Draw)

Ticket includes Cheeseburger
with your choice of side.
(Fries, Yam fries or house salad)

3610 Eastgate Drive, Regina, SK

BROWNS SOCIALHOUSE
restaurant . bar . socialize

Lululemon Team Order

We're pleased to offer an opportunity to order half price lululemon items through a team order. Please fill out 1 form per item you would like. Availability of items can't be guaranteed; but you will only be charged for items you receive. Please have all orders submitted by Thursday, November 23.

Everywhere Belt Bag

<https://forms.gle/UpT2SRd5WHRqskW99>

Metal Vent Long Sleeve

<https://forms.gle/swGNoLTR2xgBkU6T6>

Surge Jogger

<https://forms.gle/5kuLNkJkFjpuXENn7>

ABC Classic Pant

<https://forms.gle/mReaR5GjUwjULyBo9>

High Rise Flare Pant

<https://forms.gle/gVYM9s8YjxbenPBG6>

Scuba Relaxed Jogger

<https://forms.gle/ieCs8DkaTSrGEDd57>

Align Legging

<https://forms.gle/UisAskwyxQyAWkyn9>

Swiftly Tech Long Sleeve

<https://forms.gle/D5sB8VG45Qnnwfpr9>

Contact Us

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Swim Team

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

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