

Upcoming Events

Winter Solstice Meet

December 9-10

Lawson Aquatic

JP Fiset Invitational

Edmonton

December 15-17

Christmas Party

December 19

Regina Optimist Dolphin Swim Team

Weekly Newsletter November 24, 2023

AGM

For those who did not attend the AGM on November 21 please review the following documents:

- [RODS year-End Financial Statement Aug 31, 2023](#)
- [President's Report](#)
- [Head Coach Report](#)

Mike Mintenko Scholarship

Congratulations Cashis Taypotat, winner of the 2023 Mike Mintenko Scholarship



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. Deadline to sign up/decline is **November 26**. 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](#)

Swim Meet Information for New Parents

Thanks for a suggestion at the AGM to have a document with swim meet information for new parents. This is now posted on the website on the Members Page - Policies and Articles.

[information-for-new-parents_060023.pdf](#)

Swim Sask Youth Camp

Swim Sask will be holding a youth camp at the Lawson on Saturday, January 6. This camp is by invitation only and details can be found here.

[2024-swim-sask-youth-camp-jan-6_001331.pdf](#)

JP Fiset Invitational

We have 21 swimmers traveling to Edmonton for the JP Fiset meet December 14-17. Thank you to our chaperones Kathleen Eisler and Melissa Kimens.

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 attending swimmers, or from the office.



Fundraising

Only one week 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.

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. We have a minimum of 10 orders per item. Please have all orders submitted by Friday, November 24.

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/D5sB8VG45Qnnwfp9>

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. Intro and Recreational please bring desserts, Prospect and Junior please bring salads, and Junior Nat and Elite please bring a hot dish. Coaches will be drawing names for the Secret Santa gift exchange (gifts under \$25) next week. If you do not wish to participate in the exchange just have your swimmer ask their coach to not include their name in the draw.

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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