

Upcoming Events

Bennett Cup

Victoria BC

November 9-12

Black and Green Meet 1

U of R Pool

November 10

Lasers Short Course

Saskatoon

November 18

AGM

Classroom 2

November 21

Regina Optimist Dolphin Swim Team

Weekly Newsletter November 3, 2023

Goldfins Invitational

The meet this past weekend went very well. It was our first travel meet of the season so an opportunity to race people from other provinces and our kids stepped up and raced really well. We had a lot of amazing swims that came with some big best times. There were a lot of qualification times met on the weekend as well, that included qualifying for JP Fiset in Edmonton or achieving their AA cut. Incredible start to the season and I can't wait to see what the rest of season has in store.

Coach Mitchell

Halloween Party



Congratulations to Charlotte and Molly winners of the costume contest!



Happy Birthday

Happy Birthday Isabelle C.,
Aarshia G. and Sophia L.



Black and Green Meet I

Our first black and green meet of the season will be held at the U of R pool on Friday, November 10. This is a great opportunity for our newer swimmers to try some fun racing in a familiar environment with only swimmers from our team. Also, its a great chance for our more experienced swimmers in Prospect and Junior to get some racing practice in at home.

4:30 - 4:40 PM: Activation

4:40 PM - 5:00 PM: Warm - Up

5:00 PM - 5:25 PM: Turn Clinic

5:30 PM - 6:30 PM: Races

NOTICE OF AGM

Tuesday, November 21

7PM

Classroom 2, Regina Fieldhouse

Lasers Short-Course Meet

The Lasers one-day meet is coming up Saturday, November 18, 2023 in Saskatoon. We can travel by bus for a day trip if we have a minimum of 25 swimmers signed up. Otherwise, this will be a self travel (or carpool) meet.

All Junior, Prospect and Intro swimmers are invited to attend. There will be room for parents to come along on the bus if they would like. **Deadline to sign up is Sunday, November 5.**

Chaperone: Calvin Fisher - thanks!

Speedo Team Suits

There are two size 30 Speedo Endurance+ girls suits available \$75 each.

Congrats to all our RODS swimmers who qualified for the Swim Sask camp this weekend. Have fun!



Congrats to our Head Coach Baylee Munro

Swimming Canada has appointed University of Regina swimming head coach Baylee Munro to its Competition-Development Advanced Gradation program.

The CDAG program is designed to help Canadians become NextGen coaches who are capable of reliably developing club and varsity athletes into high-performance swimmers. Developed over the past five years, Munro is the first coach to be appointed in the CDAG and will effectively be used as a pilot for the program. As part of the CDAG, Munro has been assigned three mentors by Swimming Canada who will be responsible for furthering his development.

Munro just returned from Toronto, where he was part of the coaching staff for Swimming Canada's Targeted Junior Camp. The camp was the first event that Munro attended as part of his CDAG involvement.

"Attending that camp was a tremendous opportunity to work with the top junior swimmers and coaches in the country," Munro said. "Every piece of that training environment and what they're doing is something that I can bring back to our team every day."

Munro is in his first season as the head coach of the U of R's women's and men's swimming teams.



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 (\$5.27/\$9.35/\$14.03).

“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!”



**REGINA OPTIMIST
DOLPHINS
SWIM TEAM**

**Holiday
Baking Tray
Fundraiser**

ORDER TODAY!

Proceeds will benefit the Regina
Optimist Dolphins Swim Team.



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 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
GRAND TOTALS					

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 swimmers entered in the meet must have a parent signed up to help as a volunteer/official.

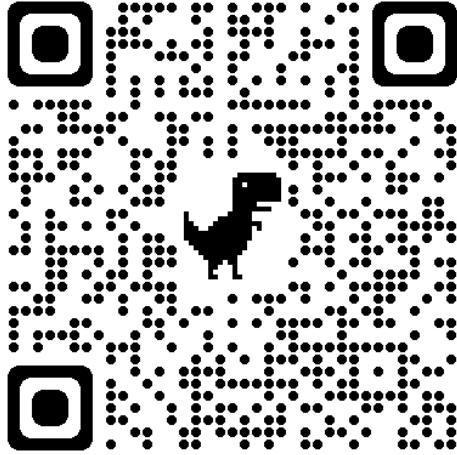
The link to activate or sign up as an official is:

<https://form.jotform.com/232196464084258>



[Officials Activation Form fo](#)

Please click the link to complete this fo
form.jotform.com



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. We still need a chaperone for this meet.

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

Regina Optimist Dolphins
Swim Team

355-4246 Albert Street

Regina SK

S4S 3R9

306-586-3909

office@reginadolphins.com

www.reginadolphins.com

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

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect

