

Upcoming Events

RODS Golden Gala

October 15

Fall Breakout

October 21-23

Lawson Pool

Black and Green Meet 1

October 21

University Pool

AGM

University of Regina

Tuesday, November 22

5:50 PM

Regina Optimist Dolphin Swim Team

Weekly Newsletter, October 11, 2022

News from our Coaches

**Head Coach & GM: Craig Nieuwstad
Elite & Cougars**

Winner of Swimmer of the Month from the Elite Group
Congratulations Annabel K



Winner of Swimmer of the Month for the Girls Cougars
Congratulations Stella M.



Winner of Swimmer of the Month for Boys Cougars
Congratulations Max D



Assistant Head Coach: Mitchell Hebert
Junior Advanced

Winner of Swimmer of the Month from the Junior Advanced Group
Congratulations Alex O



Coach: Breanna Foster
Junior

Winner of Swimmer of the Month from the Junior Group
Congratulations Tommy D



Coach: Caitlin Danis
Prospect

Winner of Swimmer of the Month from the Prospect Group
Congratulations Tryg H



Coach: Jordan Rodgers
Pre-Competitive

Winner of Swimmer of the Month from the Pre-Competitive Group
Congratulations Aarshia G



Coach: Olena Rashovich
Recreational

Winner of Swimmer of the Month from the Recreational Group
Congratulations Kiera K



RODS Golden Gala Awards Night

This Saturday, October 15. Doors open 530PM. The location is at the University Multipurpose Room next to The Owl. We have many awards to present and gifts for all swimmers. This is a great evening to get together for a fun social event and celebrate the accomplishments of the past season. There will be a silent auction table, raffle items and 50/50. Cash bar will be available. Ticket sales are now closed.

Balloons and decorating thanks to Wascana Flower Shoppe!



There will be photos at the balloon wall and also a team photo. We are very much looking forward to having an updated Gala team photo!

A big thank you to our sponsor Prairie Skies Medical Imaging.



Team Photos

Individual and group photos for those who have already ordered are available at the office. Full team photos coming soon. Order forms can be picked up or dropped off at the office, or sent in by email to office@reginadolphins.com. Payment can be sent by e-transfer to payment@reginadolphins.com or added to your account. Pick up will be available this Friday at the University also.

Happy Birthday

Wishing a Happy Birthday to

Alvin D and Tommy D

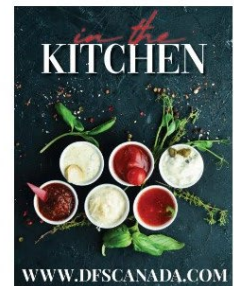
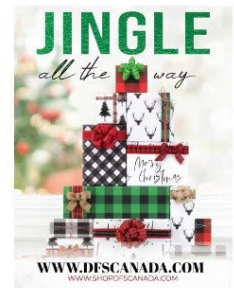
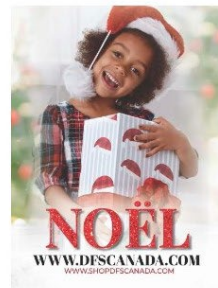


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Fall Break Out 2022

The first meet of the season, hosted by Regina Marlins at the Lawson Aquatic Centre, will be held October 21-23.

Marlins are looking for officials to help at the meet. If you are able to help please sign up at the following online sign up.

[Regina Marlins: Fall Breakout 2022- Officials \(signupgenius.com\)](https://signupgenius.com)

Sessions will be Friday 430PM and Saturday 830AM and 430PM for ages 11 and over. Sunday 930AM will be ages 10 and under only.

More details regarding the meet will be coming out next week.

Black and Green Meet I

Our first black and green meet will be held Friday October 21 at the University pool 430PM-630PM. This meet is open to all pre-competitive, recreational and Dolphin level swimmers. This is a fun way to find out what a swim meet is like in a familiar environment with just swimmers from our team. Our coaches will be hosting the event, showing the kids what to do and providing treats! Please email the office if you plan to attend.

Team Suits

The team suits have arrived and are available at the office to pick up. Pick up at the University will be available this Friday as well.

Fundraising

Please go to our events page to sign up for **Bingo shifts** and **Rider games**. 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. **New bingos** have been posted through to **November 29** and Rider games are available the whole season through to Grey Cup.

[Regina Dolphins Swim Team - Events \(teamunify.com\)](https://www.teamunify.com/Regina-Dolphins-Swim-Team-Events)

[Regina Optimist Dolphins - Fundraising Opportunities \(teamunify.com\)](https://www.teamunify.com/Regina-Optimist-Dolphins-Fundraising-Opportunities)

New Process for Bingo Sign Up

To ensure equity of access to fundraising opportunities, current RODs members paying training fees will have priority access to sign up.

Procedure: effective immediately applying to any opportunities not posted as of October 1st, 2022

1 week prior to bingos, Agribition, Rider games, Exhibition and the like, being posted on the events page for sign up, RODs members will be emailed the date and time of when the events are being made available.

Once posted on the events page, for 1 week only current RODs members who are paying monthly or annual training fees will be permitted to sign up.

1 week later, Cougar athletes and family members are able to sign up.

If spots remain open, subs will be called to fill vacancies as needed.

To ensure BINGO's are a profitable endeavour for the RODs, wages will be set at 12.33\$/hour for both RODS and Cougars. Substitute wages will be set at 10\$/hour. These wages will take effect October 1st, 2022.

All fundraising is subject to the procedures outlined in the handbook as well as SLGA rules.

Notice of AGM

Tuesday, November 22
5:30PM
University of Regina

RODS Hosted Meets this season

Our team is hosting three swim meets this season

Christmas Party Meet – December 17-18

Optimist Cup – January 13-15

Michelle Moore Meet – May 19-21

We will need qualified officials for many positions as well there are positions that require no training. We are looking a volunteer at this time who would like to be in charge/organize the raffle table

This volunteer position would require planning before the meets and offer 100 volunteer points per meet. Please contact the office if you would like more information.

Co-op Membership Tags

Our team has a membership account with Co-op. If you would like to support the team by using our membership number when shopping at Co-op – buying gas or groceries – you can pick up a key tag at the office.



Contact Us

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www.reginadolphins.com

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

Thank you to our Sponsors



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