

Upcoming Events

Goldfins Invitational
Saskatoon
October 27-29

October 27
Halloween Party

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 October 25, 2023

Goldfins Invitational

The Goldfins meet is this weekend. The bus will leave from the University on Thursday, October 26 at 6PM and return Sunday night. Thanks to our chaperones Sanela Begic Le and Roberta Kotowich.

Bio form for swimmers attending:

<https://forms.office.com/r/t31nhbfD1Z>

Livestream Link:

<https://www.youtube.com/@saskatoongoldfinsswimclub/streams>

Chaperones

Chaperones are always needed for our travel meets. Chaperones are still required for the JP Fiset Invitational in December. 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](#)

Halloween Party

Our annual Halloween Party will be held at the U of R pool 400-530PM on Friday, October 27 for all swimmers in Intro, Recreational, Prospect and Junior not attending the Saskatoon meet. Dress up for a costume parade, treats and fun in the pool.

Happy Birthday

Happy Birthday Walker B, Ananya B, Emily B, Clem C, Tommy D, Amelia F and Charlotte Z!



RODS Awards Gala



**PRAIRIE SKIES
MEDICAL IMAGING**

A big thank you to Sanela Begic Le, best party planner ever, for organizing a fantastic event for all. We are so thankful for our event sponsor PSMI Prairie Skies Medical Imaging.



Congratulations to the lucky winners of the amazing raffle baskets and Westjet gift vouchers. Photos from the evening as well as photos of all the awards winners will be coming next week from photographer Becky Wiens.



**PRAIRIE SKIES
MEDICAL IMAGING**



balloon bar
YQR

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



Baylee Munro, Head Coach of University of Regina Cougar Swimming and Regina Optimist Dolphin Swim Team, participated in a pilot for the Competition-Development Advanced Graduation (CDAG) Program. This is an exciting opportunity for him to further his coaching education with the support and mentorship of Swimming Canada National Coaches and Master Coach Developers. Congratulations!!

Fundraising

Please go to our events page to sign up for Bingo and other fundraising opportunities. 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.

Holiday Baking Tray Fundraiser Information Coming soon!

We're excited to offer a new team fundraiser featuring holiday baking trays from Farmer Johns Local Market & Kitchen. Details and ordering information coming soon.



The advertisement features a green background. In the top left, there is a white square containing the Regina Optimist Dolphins Swim Team logo, which includes a stylized dolphin and the text "REGINA OPTIMIST DOLPHINS SWIM TEAM". The central focus is a circular image of a wicker basket filled with various holiday-themed baked goods, including cinnamon rolls, cookies, and pastries. To the right of the basket is a blue semi-circle containing an orange starburst icon, the text "Holiday Baking Tray Fundraiser" in white, and "ORDER TODAY!" in yellow. At the bottom right, there is another orange starburst icon and the text "Proceeds will benefit the Regina Optimist Dolphins Swim Team." in white.

**REGINA OPTIMIST
DOLPHINS
SWIM TEAM**

**Holiday
Baking Tray
Fundraiser**

ORDER TODAY!

Proceeds will benefit the Regina
Optimist Dolphins Swim Team.

Team T-shirts

Team T-shirts in black and green are available in the office for anyone needing new shirts or new swimmers who do not have them yet. T-shirts are \$20.

We have one youth large size swim parka available \$150

We have one girls team Speedo suit size 28 available \$75

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. If you have not already, please log in at the link below.

[How To Get Started — Swim Saskatchewan](#)

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 qualifying times following. We still need chaperones for this meet.



Provincial Trials Time Standards

Female			EVENT	Male			
12 & U	13-14	15 & O		13 & U	14-15	16 & O	
33.0	31.0	30.6	50 Free	SC	31.1	28.5	27.2
33.7	31.6	31.2		LC	31.7	29.1	27.8
1:12.9	1:07.5	1:05.9	100 Free	SC	1:08.5	1:02.4	59.2
1:14.3	1:08.9	1:07.3		LC	1:09.9	1:03.6	1:00.4
2:40.1	2:27.0	2:22.9	200 Free	SC	2:30.7	2:17.7	2:10.3
2:43.3	2:30.0	2:25.9		LC	2:33.7	2:20.4	2:13.0
5:42.8	5:15.6	5:05.3	400 Free	SC	5:24.2	4:58.7	4:44.9
5:49.7	5:21.9	5:11.5		LC	5:30.7	5:04.7	4:50.7
11:40.7	10:45.0	10:24.0	800 Free	SC	11:17.4	10:24.0	9:55.2
11:54.7	10:57.9	10:36.8		LC	11:30.9	10:36.5	10:07.3
38.4	35.5	34.9	50 Back	SC	36.4	33.2	31.2
39.1	36.3	35.7		LC	37.1	33.9	31.9
1:22.9	1:16.5	1:14.5	100 Back	SC	1:18.5	1:11.2	1:07.1
1:24.6	1:18.0	1:16.0		LC	1:20.0	1:12.6	1:08.5
2:59.3	2:45.6	2:41.3	200 Back	SC	2:50.7	2:34.3	2:28.0
3:02.9	2:48.9	2:44.6		LC	2:54.1	2:37.4	2:31.0
43.6	40.5	38.8	50 Breast	SC	41.1	37.3	34.5
44.5	41.4	39.6		LC	41.9	38.1	35.2
1:35.2	1:28.4	1:25.1	100 Breast	SC	1:29.7	1:21.9	1:15.5
1:37.1	1:30.2	1:26.8		LC	1:31.4	1:23.5	1:17.1
3:27.3	3:12.5	3:05.8	200 Breast	SC	3:15.8	3:00.3	2:46.9
3:31.5	3:16.4	3:09.6		LC	3:19.7	3:03.9	2:50.3
36.9	34.1	32.6	50 Fly	SC	34.7	31.4	29.2
37.6	34.8	33.3		LC	35.4	32.0	29.8
1:26.2	1:17.7	1:12.2	100 Fly	SC	1:19.9	1:10.9	1:05.1
1:27.9	1:19.3	1:13.7		LC	1:21.5	1:12.3	1:06.5
3:08.8	2:50.3	2:38.2	200 Fly	SC	3:00.4	2:40.1	2:27.0
3:12.5	2:53.7	2:41.5		LC	3:04.0	2:43.3	2:30.0
3:01.6	2:47.7	2:43.4	200 IM	SC	2:50.6	2:35.6	2:29.4
3:05.2	2:51.0	2:46.7		LC	2:54.0	2:38.7	2:32.4
6:25.8	5:56.3	5:47.2	400 IM	SC	6:06.5	5:34.2	5:20.9
6:33.5	6:03.4	5:54.3		LC	6:13.8	5:40.9	5:27.4

All time standards are set to the tenth. Swimmers must equal or better the standard to qualify.
For example: 1:50.9 = 1:50.90 (1:50.90 qualifies, 1:50.91 does not qualify)

2021-2022

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

