

Upcoming Events

Team Building
September 16-17

Terry Fox Run
September 18

Team Photos and
Goal Setting
September 23

RODS Golden Gala
October 15

Regina Optimist Dolphin Swim Team

Weekly Newsletter, September 16, 2022

Information for Upcoming September Events

For parents unable to attend the Parents Meeting by zoom on Wednesday, September 14 the following links provide the presentations by our head coach, president and officials co-ordinator.

Head Coach, Craig Nieuwstad
[Presentation2 \(teamunify.com\)](#)

President, Erin Harlos
[swim-parent-101_068805.pptx \(live.com\)](#)

Officials Co-ordinator, Orenda Pelzer
[coordinator-of-officials-coa-2022_034676.pptx \(live.com\)](#)

Saturday, September 17th: Sky Park 11:00am – 1:00pm

SKY PARK

Cost: \$22 (fee will be billed to your account)

Includes: High ropes + Mini golf + Rock climbing

Make sure to print and sign waiver before coming. Download link can be found on the website at: <https://skyparkregina.com/>

11AM - 1PM

1964 Park Street

Hope you can join us!

There is still time to sign up today on the Events page.



Sunday, September 18th: Terry Fox Run:

Sign up for the Terry Fox Run using the link below

[Regina Dolphins | Terry Fox Run](#)

RUN DAY DETAILS

Registration: 9:00 am

Team Photo: 9:15 am

Ceremony: 9:45 am

Start: 10:00 am

Time Start to Close: 9:00 am – 12:00 pm

Location: 3475 Albert St (behind building)

ROUTE INFORMATION

Distance: 4km with options to expand or shorten route as per personal need

4 km walk/run around Wascana Lake, starting behind the TC Douglas Building/MacKenzie Art Gallery

Access: Bicycle, Rollerblades, Wheelchair, Dogs on leash

Friday, September 23rd

Goal Setting

Room: CK 219 (next to the photo room)

Time:

4:30 - 5:30 Elite

5:30 - 6:30 Junior Advanced, Junior, and Prospect

Team Photos

Room: 222

Past the pool to the big staircase, first room at the top of the stairs

Time:

Between 3:30 and 6:30

Photos will just take a few minutes per swimmer.

Bring the included form to order photos. You can order a package of all photos (individual, team and squad, including photo bookmark) for \$50 or you can order individual photos as desired.

Please wear your green RODS shirt and black or green shorts.

No blue clothing please.



JDS Photography

Daren Stewart

Daren Stewart

(306)536-2504

jds1867@mac.com

ORDER FORM

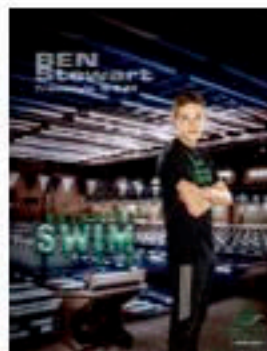
Description	Quantity	Unit Price	Cost
8x10 individual photo		\$25.00	
8x10 squad photo		\$25.00	
5x7 individual photo		\$15.00	
8x10 team photo		\$25.00	
8x10 team/squad/individual photos		\$50.00	
Bookmark photo		N/C	
		Total	

Name: _____

Group: _____

Phone: _____

Swimmer's name and group (please print clearly)



RODS Golden Gala Awards Night

The Gala is Saturday October 15 and this is a night everyone should attend - all swimmers and families and alumni are invited. You will find sign up for tickets on the events page. Please make note of how many tickets you need. You can also email the office.

This is a great evening to get together for a fun social event and celebrate the accomplishments of the past season. There are many awards to be given out, gifts for all swimmers, and there will be a silent auction table as well (items or gift baskets are greatly appreciated).

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



JOIN US FOR THE
GOLDEN GALA
DOLPHINS AWARDS NIGHT

OCTOBER

15

5:30PM

A night not to be missed! Swimmers and families get dressed in your finest for an enjoyable evening as we recognize our accomplishments of last season.

Cocktails, dinner and awards

Multipurpose Room, University of Regina

50th Anniversary of
The Regina Optimist Dolphins Swim Team

AWARDS NOMINEES

ATTENDANCE

RECREATIONAL
KEIRA KONKEL
TARRYN REYM
GRACE BUHR

PRE-COMPETITIVE
TRYG HANSEN
NEVEN LE
TAYLAH FISHER

PROSPECT
JASMINE ROGOZA
ALLEN FENG
JANE STEPHEN

JUNIOR
MACY HARLOS
GILLIAN KIMENS
ISAAC CURRIE

ELITE
JADA DICKINSON
BEN STEWART
NOLAN MESSIER

COUGARS
ADEN DICKINSON
MATTHEW SYRGIANNIS
KAREEM MOHAMMED

TEAM SPIRIT

RECREATIONAL
TARRYN REYM
GRACE BUHR
KEIRA KONKEL

PRE-COMPETITIVE
NATALIE PELZER
DAVINA MUKASA
AUSTIN BERGEN

PROSPECT
ISLA HANSEN
JANE STEPHEN
NATHANIEL PELZER

JUNIOR
GILLIAN KIMENS
MARKO EFTIMOV
ALEX OLFERT

ELITE
JORDAN KNUDSEN
AVA HARLOS
SADIE ANDERSON

COUGARS
MAX DOBIE
ADEN DICKINSON
ABBY TENO

MOST IMPROVED

RECREATIONAL
GRACE BUHR
KEIRA KONKEL
TARRYN REYM

PRE-COMPETITIVE
JAZZ KOTIA
CLAIRE KING
MAXWELL BOURHIS

PROSPECT
ISABELLE CARLETON
JOSHUA AUSTIN-KOYL
OWEN EISLER

JUNIOR
ISAAC CURRIE
MACY HARLOS
CASHIS TAYPOTAT

ELITE
SADIE ANDERSON
JADA DICKINSON
ANNABEL KOLMAN

COUGARS
MATTHEW SYRGIANNIS
TAYLOR HEBERT
ZAK FREEMAN

BEST RACE

PRE-COMPETITIVE

SARA AUSTIN-KOYL (50 FL MOOSE JAW)
TAYLAH FISHER (50 BK SASKATOON)
JAZZ KOTIA (100 FR REGINA)

PROSPECT

JOSHUA AUSTIN-KOYL (200 BR LC MANSASK)
JOSHUA TAN (100 FLY LC MANSASK)
JASMINE ROGOZA (50BK PROV RELAY SC MANSASK)

JUNIOR

MACY HARLOS (200 BK MANSASK)
CASHIS TAYPOTAT (50 BK CSI)
GILLIAN KIMENS (800 FR CSI)

ELITE

ANNABEL KOLMAN (400IM CANADA GAMES)
BEN STEWART (400 IM WESTERNS)
MELISSA ADELMAN (50 BK MEL ZAJAC)

COUGARS

JOSH ADAMS/ADEN DICKINSON (50 FL USPORT/CW)
KAREEM MOHAMMED (400 FR SILVER CW)
MITCHELL BROUGH (50 FR UNDER 23 SEC)

BOYS 14-15

ISAAC CURRIE
MARKO EFTIMOV
SOREN HANSEN

GIRLS 13-14

CHLOE HEGI
MACY HARLOS
SADIE ANDERSON

BOYS 16 AND OVER

MITCHELL BROUGH
MATTHEW SYRGIANNIS
BEN STEWART

GIRLS 15 AND OVER

MELISSA ADELMAN
ANNABEL KOLMAN
TAYLOR HEBERT

BEST AGE GROUP AWARDS

PRE-COMPETITIVE BOYS

NEVEN LE
JOSHUA BECERRA
MAXWELL BOURHIS

PRE-COMPETITIVE GIRLS

DAVINA MUKASA
TAYLAH FISHER
NATALIE PELZER

BOYS 11-13

NATHANIEL PELZER
JOSHUA AUSTIN-KOYL
JOSHUA TAN

GIRLS 10-12

JASMINE ROGOZA
GILLIAN KIMENS
CASHIS TAYPOTAT

ATHLETE OF THE YEAR

BOYS

BEN STEWART
MATTHEW SYGRIANNIS
MITCHELL BROUGH

GIRLS

ANNABEL KOLMAN
TAYLOR HEBERT
MELISSA ADELMAN

Fall Apple Fundraiser

Your orders are due for the Apple Fundraiser on or before September 19. You can email your order form to the office office@reginadolphins.com or hand in at the University Pool on Monday. Total sales may be handed in by cheque, sent by etransfer to payment@reginadolphins.com or have the amount billed to your account.

Old Dutch Chips Fundraiser

Just in time for Halloween, we have an Old Dutch chips fundraiser next. Please see the following sheets for order forms. We must have all orders in by September 29.

Halloween packs include 24 packages and sell for \$10.
Hampers include 6 assorted large bags and sell for \$30.
A great way to earn fundraising for your account, perfect timing for Halloween.

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 fundraising commitment. 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. Bingos are currently available through to September 30 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)

Fall Officials Clinics

Want to get a jump start on the new season sign up for VIRTUAL OFFICIALS' CLINICS!

Activate your officials account for 2022-2023 here:

<https://form.jotform.com/222145124834247>

Become an official here: <https://form.jotform.com/222145124834247>

Access FREE training (e-modules and virtual clinics)

here: <https://edu.swimming.ca/index.php?page=225>

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 for volunteers at this time who would like to

- 1- be in charge/organize the hospitality room
- 2- be in charge/organize the raffle table

Both of these volunteer positions would require planning before the meets and offer 150 and 100 volunteer points per meet. Please contact the office if you would like more information.

Varsity Sport Appeal

The Cougar and Ram student-athletes are coming off a great year. There were fans back in the stands proudly cheering the Cougars and Rams on as they broke records and competed in playoffs and national championships. The excitement is already building for 2022/23, **and you can be a part of it.**

Please support our Cougar and Ram student-athletes today.

If you require assistance with your donation, please contact Kelsey Garner at 306-585-5391 or kelsey.garner@uregina.ca.

Thank you for your support.

<https://giving.uregina.ca/pages/donation-pages/athletics-appeal-2023>



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

Resuming September

Thank you to our Sponsors



Pride, Discipline, Loyalty, Commitment and Respect
