Upcoming Events

RODS Golden Gala October 15

Fall Breakout October 21-23

Weekly Newsletter, September 23, 2022

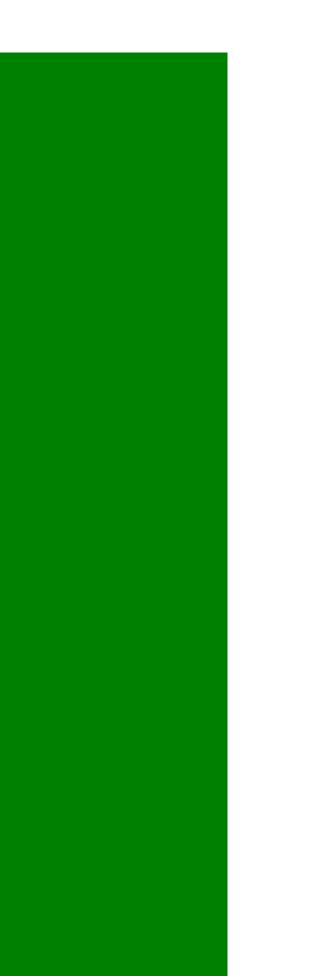
Our Coaches for the 2022/23 Season

Regina Optimist Dolphin Swim Team





WIM TEAM











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.

Regina Dolphins Swim Team - Events (teamunify.com)

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 5

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

Old Dutch Chips Fundraiser

Just in time for Halloween, we have an Old Dutch chips fundraiser next. Please see last week's newsletter 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. **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)

Regina Optimist Dolphins - Fundraising Opportunities (teamunify.com)

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

There are courses coming up soon, sign up today!



CONTINUE YOUR OFFICIATING TRAINING

active officials can sign up to take the following advancing FREE online e-modules:

Take online at edu.swimming.ca

Clerk of Course Chief Timekeeper Safety Marshall



SIGN UP



THANK YOU FOR VOLUNTEERING! You are helping to build #betterlivesthroughswimming

CONTINUE YOUR OFFICIATING TRAINING

active officials can sign up to take the following advancing FREE virtual officiating clinics this fall: Sign up online at edu.swimming.ca



GET STARTED OFFICIATING



Become and official and start your training with online e-modules:

Intro to Swim Officiating and Safety Marshall clinics. Available to active officials online at edu.swimming.ca



rgn up Now

> THANK YOU FOR VOLUNTEERING! You are helping to build #betterlivesthroughswimming



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.

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

All swimmers in prospect, junior, junior advanced and elite are signed up. Decline date is October 5. Swimmers in pre-competitive and recreational must sign up by October 5 if they would like to attend.

Regina Dolphins Swim Team - Events (teamunify.com)

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 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.

Team Photos

Order forms can be picked up and dropped off at the office next week for those that did not hand in on Friday. Payment can be sent by etransfer to payment@reginadolphins.com or added to your account.

Contact Us

Regina Optimist Dolphins Swim Team 355-4246 Albert Street

Regina SK S4S 3R9

306-586-3909 office@reginadolphins.com

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

Thank you to our Sponsors













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DOLPHINS

Pride, Discipline, Loyalty, Commitment and Respect