

Upcoming Events

Team Building
September 16-17

Terry Fox Run
September 18

Team Photos
September 23

RODS Golden Gala
October 15

Regina Optimist Dolphin Swim Team

Weekly Newsletter, September 9, 2022

Information for Upcoming September Events

Team Building:

Friday, September 16th: 4:30 - 6:30pm U of R

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

Sunday, September 18th

Terry Fox Run:

Registration Opens: 09:00am

Meet for Team Photo: 09:15am

Ceremony: 09:45am

Run: 10:00am

Team Meeting:

Wednesday, September 14th 7:00pm

Regina Dolphins is inviting you to a scheduled Zoom meeting.

Topic: Regina Dolphins' 2022 - 2023 Team Zoom Meeting

Time: Sep 14, 2022 07:00 PM Saskatchewan

Join Zoom Meeting

<https://us06web.zoom.us/j/86037641343?pwd=anA5c1FuMlc5NGt1dWFhSW1uQjhqUT09>

Meeting ID: 860 3764 1343

Passcode: 232757



Its great to see our swimmers starting to return to the pool to swim and for some fun dryland training!



Terry Fox Run

Information regarding the 2022 Terry Fox Run is on the events page. Sign up to join the team in this annual run on Sunday, September 18.

[Regina Dolphins | Terry Fox Run](#)

Golden Gala

We are so happy to announce the date of the Dolphins Golden Gala Awards Night will be **October 15, 2022**. It has been 3 years since our last Gala and this one will be better than ever. Save this date on your calendar and further details including nominees for all the awards will be coming out soon.



Sponsorship

Our team is always looking for sponsorship. Members who bring in new sponsorship money will receive 10% of total sponsored amount to their account. Reach out to your community and business contacts to see if they might be interested in sponsoring our team. We have many good options for sponsors as outlined in the sponsorship document in the link below.

[rods-potential-sponsorship-2022-2023-fc_095332.pdf \(teamunify.com\)](#)

Lululemon Team Order

The order has shipped and is on it's way!

Fall Fundraiser


Raise fundraising money selling boxes of fresh off the tree BC apples. Print the order form following to collect your orders and return to the office by September 19.

REGINA OPTIMIST DOLPHINS

"FRESH OFF THE TREE" APPLE FUNDRAISER

Apples: MacIntosh Royal Gala **Seller:** _____
 Spartans Ambrosia **Seller Deadline:** _____

Shelf Life: 2-3 Months Cool / Cold Room **Location:** Lawson Pool

Supplier:  **FERSTERS MARKET** **Delivery:** October 2022

Weight per Box: 20 lbs. (unwaxed)

Customer	Phone	\$45/box MacIntosh	\$45/box Spartans	\$45/box Royal Gala	\$50/box Ambrosia	Order Total (\$)

	Macintosh	Spartans	Royal Gala	Ambrosia	ALL ORDERS COMBINED
BOX TOTALS					\$

Need customer ideas?
Aunts, uncles, grandparents, family friends, neighbours, people your family does business with, co-workers

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>



Birthdays this Week

Neven L, Keira K, and Taylah F



Fall Officials Clinics

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

Login and sign up for courses led by Swim Sask Ref's this fall in virtual clinics: <https://edu.swimming.ca/index.php?page=225>

You can also login and take online courses (Intro to Officiating, Clerk of Course, Chief Timekeeper and Safety Marshall).

All officials must become active for the new season, this can be done now although we will not be able to activate their accounts until after Sept 6th with this link: <https://form.jotform.com/222145124834247>. New officials who do not have current login access (From the 2021-2022 season) will have to wait to be activated to gain access to the online clinics.

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.

FALL 2022 VIRTUAL OFFICIALS CLINICS

STROKE AND TURN

OCT 2, 9-12NOON

OCT 5, 6-9PM

NOV 1, 6-9PM

NOV 29, 6-9PM

CFJ/CJE/RS

OCT 2, 1-5PM

OCT 30, 9-1PM

STARTER

OCT 5, 7-9PM

OCT 30, 2-4PM

MEET MANAGER

OCT 2, 830-1230PM

NOV 29 AND DEC 1, 7-9PM

SIGN UP NOW



DAKTRONICS

#BETTERLIVESTHROUGHSWIMMING

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
