

Upcoming Events

Team Building

Sept 15-16

Terry Fox Run

Sept 17

Marlins Fall Breakout

Lawson Aquatic

Sept 29-Oct 1

Regina Optimist Dolphin Swim Team

Weekly Newsletter September 13, 2023

Welcome Back BBQ

Thanks to all who attended the BBQ – there were lots of people, lots of food and great weather. A big thank you to Capital for bringing in the giant portable BBQ to cook burgers!



Team Building September 15 and 16

When: Friday, September 15th, 4:00-5:30PM

What: Test your problem solving and teamwork skills with a challenging Scavenger Hunt where you'll see some exciting parts of the university!

Where: Meet at the University of Regina Pool at 4:00PM, teams will be assigned for 4:15PM and the first team to finish wins! All teams meet back at the pool at 5:15PM and everyone will be done at 5:30PM.

When: Saturday, September 16th from 1:00-2:30PM

What: Use your strategic thinking and teamwork skills in a big game of Capture the Flag, as well as other exciting games!

Where: Meet at the Lakeshore Park Kwakiutl Totem Pole in Wascana Park at 1:00PM

Regular Schedules

Remember regular schedules start on Monday. Schedules are posted on the website.

<https://www.gomotionapp.com/team/canrodsc/page/competitive/training-schedule>



Terry Fox Run September 17

Join the team for the annual Terry Fox Run.

<https://run.terryfox.ca/team/reginadolphins>

RUN DAY DETAILS

Registration: starts at 9:00 am

Team Photo: 9:30 am

Brief Ceremony: 9:45 am

Start: 10:00 am

Location: TC Douglas Building/MacKenzie Art Gallery

ROUTE INFORMATION

Distance: 4 km 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

Updated Calendar

There have been a few changes to the Calendar, including the earlier date for the Marlins Fall Breakout meet.

[Link to Competitive Calendar](#)

Marlins Fall Breakout

The Fall Breakout meet is earlier this season, September 29-October 1. This means we need to get everyone to complete their Swimming Canada registration ASAP.

All Prospect, Junior and Elite swimmers are signed up. If you are unable to attend please decline by **September 15**. All Intro and Recreational swimmers are welcome to sign up if they would to participate. You can sign up on the Events page or even reply by email to sign up or find out more information.

[Team Events Calendar](#)

Please activate your officials registration for the season.

BECOME AN OFFICIAL!



Activate your officials account for the 2023-2024 season. As an active official, you can access free online courses and register for free virtual clinics!



Swim Sask is offering a number of courses this fall to upgrade your qualifications. We need all parents of swimmers in Prospect and up to take online training to work at our home meets.

FALL 2023 VIRTUAL OFFICIALS CLINICS



STROKE AND TURN SAT. SEPT 16 9:00 AM-12:30 PM SIGN UP BY SEPT 14*	STARTER MON. SEPT 25 6:30 PM-8:30 PM SIGN UP BY SEPT 21*
SUN. SEPT 24 9:00 AM-12:30 PM SIGN UP BY SEPT 21*	WED. OCT 11 6:30 PM-8:30 PM SIGN UP BY OCT 9*
SUN. OCT 15 1:00 PM-4:30 PM SIGN UP BY OCT 12*	MEET MANAGER SAT. OCT 14 8:30 AM-12:30 PM SIGN UP BY OCT 12*
CFJ/CJE/RS SUN. SEPT 17 8:30 AM-12:30 PM SIGN UP BY SEPT 14*	OFFICIALS MUST COMPLETE INTRO TO OFFICIATING (TIMEKEEPER) AND SAFETY MARSHAL E-MODULES PRIOR TO ATTENDING THESE CLINICS.

REGISTRATION OPEN UNTIL 8:00 AM

REGISTER ONLINE AT: EDU.SWIMMING.CA

Fundraising

Please go to our events page to sign up for Bingo, Rider Games 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.

Rider Game dates for the season have been posted. New Bingo dates have been posted through the end of September.

Fall Apple Fundraiser

Our first fundraiser of the new season is an **Apple Fundraiser** through Ferster's Market in BC. This fundraiser was a big success last year and the apples were just fantastic! You will earn \$12.75 to your account for each case sold. Use the included form to submit your orders. **Orders due by September 18!**

Fresh cases of apples delivered from BC

Fall Bottle Drive


Sign up today to take part in the fall bottle drive on Saturday, September 23. Members to collect bottles, drive and sort are needed. All proceeds will be divided by all participants and paid to your account. Location to meet is 175 Leopold Crescent, thanks Tracy!



[Team Events Calendar](#)

REGINA OPTIMIST DOLPHINS SWIM CLUB

"FRESH OFF THE TREE" APPLE FUNDRAISER

Apples: Macintosh Royal Galas **Seller:** _____
 Red Delicious Ambrosia **Seller Deadline:** _____
Shelf Life: 2-3 Months Cool / Cold Room **Location:** TBD
Supplier:  **FERSTERS MARKET** **Delivery:** October 2023

Weight per Box: 20 lbs. (unwaxed)

Customer	Phone	\$45/box Macintosh	\$45/box Red Delicious	\$45/box Royal Galas	\$50/box Ambrosia	Order Total (\$)

	Macintosh	Red Delicious	Royal Galas	Ambrosia	ALL ORDERS COMBINED
BOX TOTALS					\$

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

RODS Awards Gala



Tickets are now available for our annual banquet and awards night on Saturday October 14, to be held at the Italian Club, 2148 Connaught Street. This year's gala will be particularly exciting as dinner will be followed by a dance featuring DJ Doug Dimen of Platinum Music Services and photo booth.

As well, photos will be taken by Becky Wiens Photography & Design. The sit down dinner includes salad, chicken dinner (vegetarian option), dessert and coffee, also late-night tiramisu! There will be a cash bar.

We will be having a great raffle table. We have three **\$1000 WestJet gift cards!** (courtesy of Dr Shanti Lala of PSMI), two exceptional food arrangement baskets by the Wascana Flower Shoppe, and two ever-popular SOMA gift baskets!

Thank you to our title sponsor PSMI – Prairie Skies Medical Imaging - as well as Balloon Bar YQR and the Wascana Flower Shoppe.



Congratulations to all the nominees!

RODS

AWARDS BANQUET



All swimmers and families are invited to an enjoyable evening as we recognize our accomplishments of last season. Cocktails, dinner, awards and dancing.

DJ DANCE PARTY

TICKETS \$30

PHOTO BOOTH

OCTOBER

14

DOORS OPEN

530PM - 11PM

ITALIAN CLUB

**2148 CONNAUGHT STREET,
REGINA**

AWARD NOMINEES

ATTENDANCE

RECREATIONAL

Bjorn Picketts-Hande
Keira Konkel
Georgia Hamilton

INTRO

Alvin Doan
Santiago Lam
Charlotte Kovatch

PROSPECT

Sophia King
Neven Le
Joshua Becerra

JUNIOR

Jane Stephen
Tenley Rogina
Isabelle Carleton

JUNIOR ADVANCED

Gillian Kimens
Stephanie Adelman
Soren Hansen

ELITE

Jada Dickinson
Ben Stewart
Sadie Anderson

COUGARS

Max Dobie
Matthew Brough
Matthew Syrgiannis

MOST IMPROVED

RECREATIONAL

Keira Konkel
Georgia Hamilton
Tarryn Reym

INTRO

Natiana Wright
Collins Brunskill
Molly Lawrence

PROSPECT

Natalie Pelzer
Sophia King
Tryg Hansen

JUNIOR

Isla Hansen
Tenley Rogina
Isabelle Carleton

JUNIOR ADVANCED

Josh Austin-Koyl
Soren Hansen
Isaac Currie

ELITE

Jada Dickinson
Sadie Anderson
Ben Stewart

COUGARS

Stella Mulatz
Matthew Brough
Ovesh Purahoo

TEAM SPIRIT

RECREATIONAL

Tarryn Reym
Katherine Jackiw
Mariam Abdelmalek

INTRO

Collins Brunskill
Emy Bailey
Sebastian Paraiso

PROSPECT

Olivia O'Connor
Astrin Selinger
Joshua Becerra

JUNIOR

Jane Stephen
Tenley Rogina
Taylah Fisher

JUNIOR ADVANCED

Stephanie Adelman
Gillian Kimens
Soren Hansen

ELITE

Jada Dickinson
Ava Harlos
Sadie Anderson

COUGARS

Bes Rexha
Aden Dickinson
Jayden Vale
Jenna Weldon

AWARD NOMINEES

BEST RACE

INTRO

Alvin Doan (50 free Michelle Moore)
Bruno Lam (50 free Michelle Moore)
Berlin Cornea (100 back Mike Mintenko)

PROSPECT

Tryg Hansen (200IM at Michelle Moore)
Neven Le (100 fly at Michelle Moore)
Natalie Pelzer (1500 free at Michelle Moore)

JUNIOR

Isabelle Carleton (1500 free at Al Anderson)
Isla Hansen (50 fly at CSI)
Josh Tan (50 fly at CSI)

JUNIOR ADVANCED

Josh Austin-Koyl (200 breast at Michelle Moore)
Macy Harlos (1500 free at Al Anderson)
Gillian Kimens (1500 free at Winnipeg ManSask)

ELITE

Annabel Kolman (200IM at Saskatoon)
Sadie Anderson (100 fly at CSI)
Ava Harlos (1500 free at Saskatoon)

COUGARS

Matthew Brough (50 back Regina)
Matthew Syrgiannis (400IM USports)
Kareem Mohammed (1500 free USports)
Melissa Adelman (50 back Saskatoon)

BEST AGE GROUP AWARDS

INTRO GIRLS

Natiana Wright
Berlin Cornea
Collins Brunskill
Nicolette Kutsenko

INTRO BOYS

Sebastian Paraiso
Alvin Doan
Santiago Lam
Everett Harlos

GIRLS 10-12

Gillian Kimens
Taylah Fisher
Tenley Rogina

BOYS 11-13

Owen Eisler
Nathaniel Pelzer
Mateo Becerra

GIRLS 13-14

Cashis Taypotat
Macy Harlos
Jasmine Rogoza

BOYS 14-15

Soren Hansen
Josh Austin-Koyl
Isaac Currie

GIRLS 15&O

Melissa Adelman
Sadie Anderson
Ava Harlos

BOYS 16&O

Matthew Brough
Matthew Syrgiannis
Mitchell Brough

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

