

## Upcoming Events

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Marlins Fall Breakout

Lawson Aquatic

Sept 29-Oct 1

Goldfins Invitational

Saskatoon

October 27-29

October 27

Halloween Party

Lasers Short Course

Saskatoon

November 18

# Regina Optimist Dolphin Swim Team

Weekly Newsletter September 29, 2023

## Marlins Fall Breakout

Good luck to all swimmers at the Fall Breakout this weekend. Thanks to all the parents who have signed up to volunteer at the meet.

## Goldfins Invitational

This year there are qualifying times for this meet. All swimmers must have achieved at least one AA 2016-2024 ManSask qualifying time in the 12-year-old female or 13-year-old male age group category, regardless of age category entered.

### [2016-2024 ManSask Time Standards](#)

Deadline to decline is October 13. This is a bus travel meet to Saskatoon. Second chaperone still needed.

## Chaperones

Chaperones are always needed for our travel meets. A second chaperone is still required for the Goldfins meet next month. 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](#)



## October Schedules

The October Schedules will be posted to the website and sent out separately to groups.

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

## Halloween Party

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

## Happy Birthday

Happy Birthday wishes to  
Melissa, Matthew, Sadie,  
Chloe and Sam



## 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 October.**

## Mike Mintenko Scholarship

Applications are now being accepted for the 2023 Mike Mintenko Scholarship. This \$1,500 scholarship is awarded annually to a competitive swimmer registered with a Year-Round Age Group club affiliated with Swim Sask. Female swimmers age 13-16 and male swimmers age 14-17, who have achieved a Western Canadian Championship time standard, are eligible to apply (age as of Aug 31, 2023). For more information on eligibility requirements and to submit an application, please visit the Swim Sask website at [www.swimsask.ca](http://www.swimsask.ca)

## Swim Sask Junior Development Camp

Congratulations to these selected swimmers to attend the Junior Development Camp November 5.

Sara Austin-Koyl

Taylah Fisher

Gillian Kimens

Tryg Hansen

Neven Le

Samantha Mazhandu

Natalie Pelzer

## RODS Awards Gala



Ticket sales are open until October 10. Please stop by the office to pick up your tickets or arrange to have them dropped at the University. This year's gala will be particularly exciting as the dinner and awards presentations 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-by advance request only), dessert and coffee, also late-night tiramisu! There will be a cash bar.

We will be having a great raffle table with some amazing prizes!

Three **\$1000 WestJet gift cards!** (courtesy of Dr Shanti Lala of PSMI),

Three exceptional gift baskets by the Wascana Flower Shoppe (valued at \$150 each)

Four Soma gift baskets (valued at \$180, \$200 and \$250)

Tickets \$5 each of 5 for \$20

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



# 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 Konkell  
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 Konkell  
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



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*Pride, Discipline, Loyalty, Commitment and Respect*

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