

Upcoming Events

RODS Golden Gala

October 15

Fall Breakout

October 21-23

Lawson Pool

Black and Green Meet 1

October 21

University Pool

Regina Optimist Dolphin Swim Team

Weekly Newsletter, September 30, 2022

RODS Golden Gala Awards Night

The Gala is Saturday October 15 and this is a night not to be missed - 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 and if vegetarian is preferred. You can also email the office. Tickets are \$35 for adults and \$25 for swimmers and siblings. Our cut-off for ticket sales is October 7 so please reserve your tickets this week!

MENU

Heritage Green salad with 2 dressings

Quarter Roasted Chicken (vegetarian option available – Eggplant Parmesan)

Roasted Baby Potato

Baked Penne Marinara

Roasted Vegetable Medley

Rolls/butter

Variety of Desserts

Coffee, Tea, Fruit Punch

Cash bar available

The location is at the University Multipurpose Room next to The Owl. We have many awards to present and gifts for all swimmers. This is a great evening to get together for a fun social event and celebrate the accomplishments of the past season. There will be a silent auction table as well (items or gift baskets are greatly appreciated).

Balloons and decorating thanks to Wascana Flower Shoppe!



There will be photos at the balloon wall and also a team photo. We are very much looking forward to having an updated Gala team photo!

[Regina Dolphins Swim Team – Events \(teamunify.com\)](https://www.teamunify.com/Regina-Dolphins-Swim-Team-Events)

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



Team Photos

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

We are having a second photo day for those that missed last week. It will be

Thursday, October 6 at the Lawson 345PM-445PM (classroom on pool deck)

Please attend this day if you were away last Friday. Order forms will be available. Make sure you're included in the group and team official photos for this season.

Group Schedules

Remember you can always check your group's schedule on the website.

[Regina Dolphins Swim Team - Training Schedule \(teamunify.com\)](https://www.teamunify.com/Regina-Dolphins-Swim-Team-Training-Schedule)

Happy Birthday

Wishing a Happy Birthday to



Sadie Anderson, Mackenzie Clark, Chloe Hegi, Collins Brunskill, Todd Brunskill, and Liam Reid

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

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 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. **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 \(teamunify.com\)](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 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 \(teamunify.com\)](https://www.teamunify.com/Regina-Dolphins-Swim-Team-Events)

Black and Green Meet I

Our first black and green meet will be held Friday October 21 at the University pool 430PM-630PM. This meet is open to all pre-competitive, recreational and Dolphin level swimmers. This is a fun way to find out what a swim meet is like in a familiar environment with just swimmers from our team. Our coaches will be hosting the event, showing the kids what to do and providing treats! Please email the office if you plan to attend.

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.

Co-op Membership Tags

Our team has a membership account with Co-op. If you would like to support the team by using our membership number when shopping at Co-op – buying gas or groceries – you can pick up a key tag at the office.



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
