



TEAM NEWSLETTER

Thursday, April 17, 2025

Upcoming Events

Michelle Moore Invitational – May 9-11

Black and Green Meet #3 – May 23

CSI Calgary – May 29-June 2

Lasers Bridge City Spring Classic

The **2025 Bridge City Spring Classic** hosted by the **Saskatoon Lasers** was a great weekend for the RODS.

First off, we had some swimmers qualifying for **new levels of swim meets**, which is always very exciting:

- Isaac Currie qualifies for Canadian Trials in 200 Breast
- Berlin Cornea qualifies for ManSask in 200 Back
- Cohen Zamonsky qualifies for ManSask in 50 Back

Big congratulations to Isaac, Berlin, and Cohen!

The club had **34 swimmers** at this event, and walked away with **89 medals!**

Congratulations to our **individual gold medalists**:

Sadie, Tenley, Ava, Neven, Josh AK, Soren, Isaac, Taylah, Chloe, Owen, Gillian, and Inigo.

Looking forward to Michelle Moore!

Baylee Munro, MHPCTL, ChPC
Head Coach & General Manager
Regina Optimist Dolphins Swim Team

Regina Optimist Dolphins Swim Team
Mailing Address: 355-4246 Albert Street, Regina SK S4S 3R9
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Trials Cut!! ISAAC CURRIE



*Isaac Currie qualifies for Canadian Trials
in 200 Breaststroke with a time of 2.27.86*



MANSASK AA BERLIN CORNEA



*Berlin qualifies for ManSask with her first
AA in 200 Back with a time of 3.10.70*



MANSASK AA COHEN ZAMONSKY



*Cohen qualifies for ManSask with an
AA in 50 Back with a time of 37.67*

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Friday, April 18 Practices

Cougars/Elite: AM off, regular practice 2:15-4:30pm at UofR

All other groups will practice at the Lawson

Junior Nat: 8:45am-10:30am

Junior Prov: 10:15am-12:00pm

Prospect: 9:45am-11:00am

Intro Gold UofR: 8:45am-10:00am

Intro Silver UofR: 10:45am-12:00pm

Monday, April 21 is a holiday. Please refer to your April schedules [Training Schedules](#)

U of R Cougars Graduates



Congratulations to graduating student athletes:
Stella Mulatz, Taylor Hebert, Ovesh Purahoo and Jacob Korpan.

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U of R Cougars Swimming MVP for 2024/25



Congratulations to RODS Varsity Elite swimmers

Male Swimming MVP – Matthew Brough

Female Swimming MVP – Jada Dickinson

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Fundraising Opportunities

Bingos for April and May are posted to the events page. Sign up for Bingo shifts at Fantasyland Bingo at 2029 Park Street and earn \$14 per hour towards your swim account.

[Team Events](#)

Deluxe Meats Spring Fundraiser

Our spring fundraiser is through Deluxe Meats. Stock up your freezer for the summer and sell to your friends, relatives and neighbours. Boneless chicken breasts, chicken breast strips lightly breaded, ribs, and burgers. The precooked wings are perfect for the air fryer or oven. Great quality products from the following suppliers.

<https://hallmarkfarms.ca/products/> Vancouver

<https://www.sunrise farms.ca/> Winnipeg

<https://www.mapleleaf foods.com/> Winnipeg

<https://www.toledo food service.ca/> Winnipeg

An order form is attached. Order deadline is April 30. Please submit your order form to the office office@reginadolphins.com and etransfer your total sales amount to payment@reginadolphins.com. You'll earn fundraising money directly to your account. Orders will be delivered for pick up on **Wednesday, May 14**. You must be able to pick up this day between 5-7PM.

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Deluxe Meats Order Form - Regina Optimist Dolphins

Submitted by _____

Phone _____

Item	Description	Unit Price	Quantity	Amount
Chicken Souvlaki	Greek Flavoured – 30 Portions	\$65.00		
Breaded Chicken Fingers	4kg Box	\$65.00		
Homestyle Hamburger	4oz Burgers – 40 Portions	\$55.00		
Certified Angus Hamburger	4oz Burgers – 40 Portions	\$70.00		
Boneless Chicken Breasts	4kg Box	\$50.00		
Back Ribs	1 Rack per Pack (1kg)	\$20.00		
Breaded Hot Wings	Fully Cooked – 4kg Box	\$65.00		
Salt & Pepper Wings	Flavoured Wing – Fully Cooked – 4kg Box	\$65.00		
Honey Garlic Wings	Flavoured Wing – Fully Cooked – 4kg Box	\$65.00		
Buffalo Wings	Flavoured Wing – Fully Cooked – 4kg Box	\$65.00		

Total _____

Order deadline is April 30. Pickup date is Wednesday, May 14.

Email orders to office@reginadolphins.com



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RODS Online 50/50 Cash Raffle

Purchase your tickets to support the team and help our RODS swimmers achieve their goals! The draw will be made on Sunday, May 11 at the Michelle Moore Invitational meet. Please share with your family and friends. Current total is \$1885.00!

<https://www.rafflebox.ca/raffle/rods>



Special Olympics

The Special Olympics swim meet is coming up on Sunday, May 4th from 8AM-1PM at the Lawson. This is a non-sanctioned meet but is a very important meet none the less.

Officials are needed for this event. Specifically needed are some IT's and timers and someone to run the computer. This is a great opportunity for high school students who need volunteer hours as well.

Please contact Kathleen Eisler if you are able to help out

Kathleen.eisler@gmail.com

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Upcoming Events in May

Michelle Moore Swim Meet

Lawson Aquatic Centre, Regina - May 9-11

All Intro to Competitive swimmers are encouraged to sign up! Swimmers Prospect and above are signed up, accept/decline date is April 29.

At this RODS-hosted event, swimmers in Prospect and above must have a parent volunteering at 3 sessions over the weekend. Job sign up is now open! Sign up for your preferred shifts.

f



Michelle Moore

It is with loving remembrance that the Regina Optimist Dolphins named our May meet in honour of dedicated swim parent, club volunteer and board member, Michelle Moore who passed away in 2009.

All three of Michelle and Tom's children swam with the RODS throughout grade school and high school and continued swimming varsity after graduation; Max with the University of Calgary, Taylor with the University of Ottawa, and Quinn with the University of Regina.

Michelle's love for the swimmers and the sport of speed swimming was evident at any competition as she loved to watch the kids race and was certainly not the quietest fan in the crowd. The Moore's house was a favorite to billet at during ROD meets and was always full to capacity. After working tirelessly to help organize the meet, working throughout the meet, and helping out in hospitality by supplying her famous casserole, Michelle and Tom would go home and happily look after all their billeted guests.

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Mel Zajac International Swim Meet

UBC, Vancouver - May 15-19

Black and Green Meet #3

UofR - May 23

Prospect and all Intro Groups (please confirm attendance)

[Regina Dolphins Swim Team - Events](#)

CSI

MNP Centre, Calgary - May 28-June 2

Swimmers can still qualify to attend at Michelle Moore. Deadline May 12

Mel Zajac swimmers are welcome to sign up if they would like to attend both meets.

**Chaperones are still needed for
ManSask Summer LC Championships
July 10-13 at PanAm pool in Winnipeg MB
If you have a swimmer attending and have not chaperoned this season,
we need you!**

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MEDICAL IMAGING



SASK LOTTERIES



REGINA RETINA CENTRE

Dr. Renatta Varma, MD, FRCS
Eye Physician & Surgeon



Downtowners
OPTIMIST CLUB



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THANK YOU TO OUR TEAM SPONSORS

balloon bar
YQR



Tim Hortons



VANCHA
AV INNOVATIONS

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