



TEAM NEWSLETTER

Friday, April 25, 2025

Upcoming Events

Michelle Moore Invitational – May 9-11

Black and Green Meet #3 – May 23

CSI Calgary – May 29-June 1

Parents Meetings

Please attend parents meetings next week with Coach Rick, Head Development Coach

Intro to Competitive: Thursday, May 1 in Room CK219 University of Regina
645-730PM

Prospects: Friday, May 2 in Classroom 1 Lawson/Fieldhouse by Tracks Café
545-630PM

Michelle Moore Swim Meet

Lawson Aquatic Centre, Regina - May 9-11

All Intro to Competitive swimmers are encouraged to sign up! Swimmers in 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 open! Sign up for your preferred shifts today.

[Team Events](#)

Regina Optimist Dolphins Swim Team
Mailing Address: 355-4246 Albert Street, Regina SK S4S 3R9
Office Address: 1717 Elphinstone Street, Regina
Email: office@reginadolphins.com Phone: 306-586-3909



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Registration is NOW OPEN for Spring Officials Clinics!

- ✓ Currently Registered Officials – Log into your REMS account then click "Login to LMS" to sign up. <https://swimming.canada.sportsmanager.ie/spor.../users/login>

Take your officials training in time for our Michelle Moore meet in May

SPRING 2025 VIRTUAL OFFICIALS CLINICS

SK

<u>STROKE AND TURN</u> SATURDAY, MAY 3 8:30 AM - 12:30 PM Sign up by 8am on May 1	<u>STROKE AND TURN</u> SATURDAY, MAY 31 1:00 PM - 5:00 PM Sign up by 8am on May 29
<u>STARTER</u> SUNDAY, MAY 4 9:30 AM - 11:30 AM Sign up by 8am on May 1	<u>MEET MANAGER</u> SUNDAY, JUNE 1 8:30 AM - 12:30 PM Sign up by 8am on May 29
<u>STARTER</u> WEDNESDAY, MAY 21 6:30 PM - 8:30 PM Sign up by 8 am on May 19	<u>STROKE AND TURN</u> MONDAY, JUNE 2 & MONDAY, JUNE 9 6:30 PM - 8:30 PM (both dates) Sign up by 8am on May 30
<u>CHIEF JUDGE ELECTRONICS, CHIEF RECORDER, & RECORDER</u> THURSDAY, JUNE 5 & THURSDAY, JUNE 12 6:30 PM - 8:30 PM (both dates) Sign up by 8am on June 3	

Officials must complete Intro to Officiating (Timekeeper) and Safety Marshal e-modules prior to attending these clinics.

LOGIN TO LMS (THROUGH REMS) TO REGISTER

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Upcoming Events in May

Mel Zajac International Swim Meet

UBC, Vancouver - May 15-19

Chaperone: Erin

Accommodations: Place Vanier, UBC

Black and Green Meet #3

UofR - May 23

Prospect and all Intro Groups (please confirm attendance)

A fun mini-meet just for RODS swimmers at the UofR pool - 430-630PM

[Regina Dolphins Swim Team - Events](#)

CSI

MNP Sports Centre, Calgary - May 29-June 1

Bus travel: departing UofR 9AM Thursday, May 29 and returning late Sunday, June 1.

Chaperones: Orenda and Sanela

Hotel: Best Western Calgary Centre

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

**Chaperones are still needed for
ManSask Summer LC Championships
July 10-13 at PanAm pool in Winnipeg MB**

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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 \$2025.00!

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



Special Olympics

The Special Olympics swim meet is coming up on Sunday, May 4 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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THANK YOU TO OUR TEAM SPONSORS



PRAIRIE SKIES
MEDICAL IMAGING



SASK LOTTERIES

OPEN  SKIES | MRI



REGINA RETINA CENTRE
Dr. Renatta Varma, MD, FRCS
Eye Physician & Surgeon

Engelheim 

WESTJET 



Downtowners
OPTIMIST CLUB

AIR CANADA 

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THANK YOU TO OUR TEAM SPONSORS

balloon bar
YQR



Tim Hortons



VANCHA
AV INNOVATIONS

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