



WEEKLY NEWSLETTER

Monday, April 7, 2025

Upcoming Events

Lasers Bridge City Spring Classic – April 10-13

Michelle Moore Invitational – May 9-11

Black and Green Meet #3 – May 23

March Swimmers of the Month

Intro to Competitive Bronze
Congratulations Connor!



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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Intro to Competitive Bronze Plus
Congratulations Jamie!



Intro to Competitive Silver RODS
Congratulations Jeremiah!



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Intro to Competitive Silver Cougars
Congratulations Sam!



Intro to Competitive Gold Cougars
Congratulations Alex!



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Recreational
Congratulations Gabe!



Prospect
Congratulations Bruno!



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Junior Provincial
Congratulations Sara!



Junior National
Congratulations Myla!



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Elite
Congratulations Josh AK!



Finis Pullbuoys Available

For any Intro to Competitive swimmers who do not have a pullbuoy yet, junior size Finis pullbuoys available for purchase at the office. \$25 tax incl.



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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](#)

Spring Fundraiser

New spring fundraiser coming soon, watch for details!

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 \$1865.00!

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



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CONGRATULATIONS COACH BAYLEE!



Swim Saskatchewan is proud to introduce Baylee Munro as the Head Coach for **Team Sask** at **Jeux du Canada Games**. Baylee brings energy, enthusiasm, and expertise, along with strong dedication to driving Team Sask toward success.

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Upcoming Events in April and May

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Shaw Centre, Saskatoon - April 10-13

Livestream available <https://www.youtube.com/@saskatoonlasers/streams>

Michelle Moore Invitational

Lawson Aquatic Centre, Regina - May 9-11

RODS hosted event, parents please be available to help officiate

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

Mel Zajac swimmers are welcome to sign up if they would like to attend both meets. Please sign up ASAP if attending to help with transportation and accommodations planning.

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THANK YOU TO OUR TEAM SPONSORS



PRAIRIE SKIES
MEDICAL IMAGING



SASK LOTTERIES



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



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THANK YOU TO OUR TEAM SPONSORS

balloon bar
YQR



Tim Hortons



VANCHA
AV INNOVATIONS

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