



# TEAM NEWSLETTER

## August 14, 2025

### Upcoming Events

Welcome back BBQ – September 2

Prospect and above start back in the pool – September 3

Intro groups start back in the pool – September 4

Team photos – September 10

### Letter from the Head Coach

Welcome to the 2025-2026 season! My name is Baylee Munro, and I'm excited to be back for my 3rd year as the Head Coach and General Manager of the RODS. Over the last few years we've seen booming increases in membership, phenomenal athletic performances, and most importantly, the amazing holistic development in our kids.

Development is the reason we put our kids in organized sport - helping young people become winners in every area of their lives is what the RODS do, and just by virtue of becoming a ROD, you are taken under the wings of generations of swimmers, coaches, and parents that live and breathe excellence, in the daily pursuit of development.

We are proud to provide an environment where excellence is inevitable if you believe in yourself and are willing to work for it. The path we walk towards our dreams is not an easy one, but as RODS we always make the daily decision to do the right thing and put our best foot forward as we work towards our goals.

Thank you for choosing to be a part of the best swim club in Regina, and we look forward to helping your swimmer build their skills, friendships, and confidence, both in and out of the pool.

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



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Office Address: 1717 Elphinstone Street, Regina  
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### 2025/26 Season Registration

Information for next season **is now available**, including:

- Swimmers' assigned groups for the new season
- September schedule
- Group training schedules for the season
- Competitive calendar for the year (updated Aug 6)

Online registration is open. Please register your swimmer today to help us in season planning.

Please read through all information included in Registration Information Package:

[Registration Information 2025-26](#)

Information and registration is online at:

[Team Registration](#)

### Welcome Back BBQ

35 Davin Cres, Regina 500-700PM

More details provided on the events page.

Please plan to attend and sign up to help with planning.

[Team Events Link](#)

### Team Photos

Team photos will be in Room CK222, at the UofR. Signs will be posted. Please make every effort to attend so your swimmer is included in the whole team and group photos. Please wear your green RODS shirt; black shorts and runners are recommended. Cost for photos is \$25/swimmer which includes an 8x10 group photo and 2 individual 5x7s. If you do not wish to purchase the photos, just mention at check-in that you won't be purchasing. Photos will be billed to your Team Unify account; no cash is needed.

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### September Schedule

As usual, our season start-up will be different from the regular schedules. Intro Bronze, Intro Bronze Plus, Prospect Silver, Prospect Gold, Junior Provincial, Junior National and Elite will all swim at the **UofR pool**. Intro Silver and Intro Gold will swim at **Wascana pool**.

Swimmers will do a combination of swimming, dryland activities and games. They should bring their swim gear as well as dryland clothes and runners. Please carefully review the September schedule as it is different from the regular training schedule.

More details will be coming regarding the teambuilding activities on September 12 and 13.

2025-2026 First 4 Weeks Schedule - Version 5 (as of August 1st, 2025)								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	7-Sep
Week 1	Elite	Labour Day	Welcome Back BBQ	Dryland: 2:30 - 3:30 SW: 3:30 - 4:30	Dryland: 2:30 - 3:30 SW: 3:30 - 4:30	Dryland: 2:30 - 3:30 SW: 3:30 - 4:30	Off	Off
	Junior Nat	Labour Day	Welcome Back BBQ	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Off	Off
	Junior Prov	Labour Day	Welcome Back BBQ	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Off	Off
	Prospect	Labour Day	Welcome Back BBQ	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	Off
	Intro Gold	Labour Day	Welcome Back BBQ	Off	Dryland: 4:00 - 5:00 SW: 5:00 - 6:00	Off	Off	Off
	Intro Silver	Labour Day	Welcome Back BBQ	Off	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00	Off	Off	Off
Intro Bronze + Bronze Plus		Labour Day	Welcome Back BBQ	Off	Dryland: 5:30 - 6:30	Off	Off	Off
Week 2		8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep
	Elite	Dryland: 2:30 - 3:15 SW: 3:15 - 4:30	Dryland: 2:30 - 3:15 SW: 3:15 - 4:30	Dryland: 2:30 - 3:00 SW: 3:00 - 4:15 Photos: 4:50 - 5:00	Dryland: 2:30 - 3:15 SW: 3:15 - 4:30	Team Building	Team Building	Terry Fox Run
	Junior Nat	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run
	Junior Prov	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Photos: 4:30 - 4:50 Dryland: 4:50 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Team Building	Team Building	Terry Fox Run
	Prospect	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	Photos: 3:40 - 4:10 Dryland: 4:00 - 4:30 SW: 4:30 - 5:30	Off	Team Building	Team Building	Terry Fox Run
	Intro Gold	Off	Dryland: 4:00 - 5:00 SW: 5:00 - 6:00	Photos: 5:00 - 5:30	Dryland: 4:00 - 5:00 SW: 5:00 - 6:00	Team Building	Team Building	Terry Fox Run
Intro Silver		Off	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00	Photos: 5:00 - 5:30	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00			
Intro Bronze + Bronze Plus		Off	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Photos: 5:00 - 5:30	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30			
				PHOTO DAY - OK 222				
Week 3		15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep
	Elite	Dryland: 2:30 - 3:00 SW: 3:00 - 4:30	Dryland: 2:30 - 3:00 SW: 3:00 - 4:30	Dryland: 2:30 - 3:00 SW: 3:00 - 4:30	Dryland: 2:30 - 3:00 SW: 3:00 - 4:30	Dryland: 2:30 - 3:00 SW: 3:00 - 4:30	Dryland: 7:00 - 7:30am SW: 7:30 - 9:00am	Off
	Junior Nat	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Off	Off
	Junior Prov	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Off	Off
	Prospect	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	Off
	Intro Gold	Off	Dryland: 4:00 - 5:00 SW: 5:00 - 6:00	Off	Dryland: 4:00 - 5:00 SW: 5:00 - 6:00	Off	Off	Off
Intro Silver		Off	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00	Off	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00	Off	Off	Off
Intro Bronze + Bronze Plus		Off	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	Off	Off
Week 4		22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep
	Elite	Dryland: 2:15 - 2:45 SW: 2:45 - 4:30	Dryland: 2:15 - 2:45 SW: 2:45 - 4:30	Dryland: 2:15 - 2:45 SW: 2:45 - 4:30	Dryland: 2:15 - 2:45 SW: 2:45 - 4:30	Dryland: 2:15 - 2:45 SW: 2:45 - 4:30	Dryland: 6:00 - 6:15am SW: 6:15 - 8:00am	Off
	Junior Nat	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 7:45 - 8:00am SW: 8:00 - 9:15am	Off
	Junior Prov	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 7:45 - 8:00am SW: 8:00 - 9:15am	Off
	Prospect	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	Off
	Intro Gold	Off	Dryland: 4:00 - 5:00 SW: 5:00 - 6:00	Off	Dryland: 4:00 - 5:00 SW: 5:00 - 6:00	Off	Off	Off
Intro Silver		Off	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00	Off	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00	Off	Off	Off
Intro Bronze + Bronze Plus		Off	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	Off	Off

All training @ the U of R, except  
highlighted sessions at Wascana pool

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### Fundraising Opportunities

**New bingos** are posted for September through November. Sign up for the new bingos opens Sunday, August 17 at 7PM. Bingo shifts are at Fantasyland Bingo at 2029 Park Street, and you will earn \$14 per hour towards your swim account.



### [Team Events Link](#)

We will be running the popular Fersters Market apple fundraiser again this fall. More details will be coming soon!



### 2025/26 Home Meets

Mark your calendars! Here are the dates of the RODS-hosted home meets for this season:

**RODS Winter Solstice:** November 28-30, 2025

**RODS Winter Classic:** January 16-18, 2026

**Anna Rondeau Challenge:** April 24, 2026

**Michelle Moore Invitational:** May 8-10, 2026

At least one parent from each family with swimmers in Prospect and up must take at a minimum the Intro to Swim Officiating and Safety Marshal online course with Swim Sask to prepare for the season ahead. New season registration will be opening soon.

<https://www.swimsask.ca/officials>

For any questions regarding your officials account or officials training please contact our officials co-ordinator, Tracy Archer at <mailto:traydi82@gmail.com>

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### Support the Cougars Swim Team - Annual MATCHED FUNDS Initiative

The **2025-2026 swim season** is coming up, and with your support, the **UofR Cougars Swim Team** will be back and better than ever!

For one night in September 2025, the University of Regina is hosting an **amazing event** where **all ticket proceeds are matched by the University** in support of varsity athletics!

That's right - for **only \$150 in tickets** (with larger support options available), you can make a **\$300 contribution** to the Cougars Swim Team, and help us chase our goals as varsity athletes. Imagine the impact that **your support** could make, **matched** by the university, **combined** with that of **dozens or hundreds** of other Cougar Swimming supporters.

On **September 6th, 2025** at the **Casino Regina Show Lounge**, the University of Regina is presenting a night of entertainment from **comedian and magician Wes Barker**, along with **food, spirits, and community connection**. Wes Barker is **Canada's funniest magician**. Famous for blending amazing magic with hilarious stories and incredible feats, join Wes on a wild ride of amazement and trickery that will leave you thoroughly entertained.



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There are a variety of ways to support the swim team - and you **don't even need to show up to the event** to be our biggest supporter! Just by buying a ticket, **your funds are matched** by the university, and go **directly to Cougar Swimming** in support of athletic excellence.

From **\$150 tickets**, to **\$1500 Premium Table Seating** for you and 7 of your friends or business partners, or a **\$2500 Gold Sponsorship including Cougars & Rams ticket vouchers**, a little goes a long way, and we would be very happy to have your support at this event!

Registration is done through the event page on **Showpass** - we are competing with big sports like Football and Basketball to sell tickets before they're gone! And there's nothing a Cougar loves more than stepping up on the blocks to compete at the highest levels.

**Event Page:** <https://www.showpass.com/united2025/>

**400 tickets is a sell-out event**, and there are **183 tickets left** that could be registered for swimming - this year our goal is to sell **50**, we've sold 24 already, and we'd love to sell more!

This will allow us to compete with bigger schools like the **University of Calgary** and the **University of Victoria** at exciting meets like the **University Cup Pacific** at UBC.

Come support the Cougars through this **matched funds event** - where **your support makes twice the difference**. Please ensure you **select Swimming as the target program** when you buy your ticket - and thank you very much for your support.

Thanks,  
Baylee Munro  
Head Coach & General Manager  
RODS & UofR Cougars

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### THANK YOU TO OUR TEAM SPONSORS FOR THE 2025/26 SEASON



PRAIRIE SKIES  
MEDICAL IMAGING



OPEN  SKIES | MRI



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



Engelheim 



balloon bar  
YQR



SaskTel 



speedo 

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