



TEAM NEWSLETTER

August 23, 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

2025/26 Season Registration

All swimmers must be registered before training begins. 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

The team will provide hamburgers (veggie) and hot dogs. Elite, Junior, Junior Nat and Prospect groups please bring a salad or side dish. Intro groups please bring a dessert to share.

- Meet the coaches and board members
- Pick up team shirts, caps, kickboards and junior pullbouys
- Try on sizing hoodies, last day to order hoodies and suits
- Lost and found plus used equipment sale table (mark sale items with price and name)
- Meet chaperone information and sign up
- Ask any questions you have about the upcoming season

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

[Team Events Link](#)

We are in need of a few more volunteers. If you are able to help out please use the sign up below:

<https://www.signupgenius.com/go/9040545A5AC2FA7F94-57743161-welcome#/>

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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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 (4:00-6:00PM)**.

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 soon regarding the teambuilding activities on September 12 and 13.

2025-2026 First 4 Weeks Schedule - Version 5 (as of August 1st, 2025)								
		Monday 1-Sep	Tuesday 2-Sep	Wednesday 3-Sep	Thursday 4-Sep	Friday 5-Sep	Saturday 6-Sep	Sunday 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: 2:30 - 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	Dryland: 4:30 - 5:30 SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	Dryland: 4:30 - 5:30 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	SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	Off	Off
		8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep
Week 2	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	Photos: 4:50 - 4:50 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: 4:50 - 4:50 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
	Prospect	Dryland: 4:30 - 5:30 SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Off	Photos: 4:50 - 4:50 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			
		15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep
Week 3	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
		22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep
Week 4	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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Bronze Plus Schedule Adjustment

The Bronze Plus regular schedule will adjust to 4:30-5:30PM Monday and Wednesday starting September 29 when regular schedules begin.

Intro to Competitive Bronze Plus @UofR

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:30-5:30pm (Swim)		4:30-5:30pm (Swim)				
UofR Main SCM		UofR Main SCM				

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.

Scholarship and Financial Assistance

Information is available on the website at [Scholarship and Assistance](#). Deadline for Anna Rondeau Scholarship applications is September 15 for the 2025/26 season.

Fundraising Opportunities

New bingos are posted for September through November. Bingo shifts are at Fantasyland Bingo at 2029 Park Street, and you will earn \$14 per hour towards your swim account.

[Team Events Link](#)



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The RODS and Cougars are excited to announce that Matthew Brough has officially received an invitation to compete at the 2025 World Cup, hosted by World Aquatics! Matthew was selected based on his performances at the Canadian Short Course Championships, where he dropped almost 30 seconds in his 400 Freestyle, and also had a lifetime best in the 200 Freestyle along with some other solid swims in the 50 and 100. The event will take place at the Toronto Pan Am Sports Centre from October 23rd to 25. Congratulations, Broughy!

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Fersters Apple Fundraiser

Earn \$11.70 per case toward your swim account. Sell to your family, friends and neighbours. Apples are fresh picked and delivered mid-October. Order forms will be sent out separately next week and our deadline for orders will be September 17.



Your Apple lineup . . .



BC Mac Apples:

- This fruit has red and green skin
- Tart flavour
- Tender white flesh is crisp when freshly harvested but soon adopts a softer consistency, perfect for cooking into pies or sauce.
- Good for raw eating

BC Ambrosia Apples:

- Pink-tinged orange/red flush over a yellow background
- Best described as refreshing, pleasant crisp,
- Very sweet with little acid
- Naturally doesn't turn brown quickly after being sliced
- Perfect for snacks or salads



BC Spartan Apples:

- Very much a "Macintosh" style apple, bright crimson skin and white flesh
- Straight from the tree the flesh is very crisp and juicy
- Good for juicing, sweet and pleasant
- Good eating apple and baking

BC Royal Gala Apples:

- A crisp, firm, bright red or red/orange patterned fruit with a yellow background
- Cross between a golden delicious and Kidd's orange Red apple
- Sweet and juicy, good for eating, on salads



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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



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**THANK YOU TO OUR TEAM SPONSORS
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SaskTel 

 **REGINA**

speedo 

 **OXFORD**
LEARNING

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