

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#/



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 <u>September schedule</u> as it is different from the <u>regular training schedule</u>.

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

			2025-202	b First 4 Weeks Sched	ule - Version 5 (as of A	ugust 1st, 2025)		
		Monday	Tuesday	Wednes day	Thursday	Friday	Saturday	Sunday
		1-Sep	2-Sep	3-Sep Dryland: 2:30 - 3:30	4-Sep Dryland: 2:30 - 3:30	5-5ep Dryland: 2:30 - 3:30	6-Sep	7-Sep
	Elite	Labour Day	Welcome Back BBQ	SW: 3:30 - 4:30 Dryland: 4:30 - 5:30	SW: 3:30 - 4:30 Dryland: 4:30 - 5:30	SW: 3:30 - 4:30 Dryland: 4:30 - 5:30	Off	off
	Junior Nat	Labour Day	Welcome Back BBQ	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	Off	Off
Week 1	Junior Prov	Labour Day	Welcome Back BBQ	SW: 5:30- 6:30	SW: 5:30 - 6:30	SW: 5:30 - 6:30	Off	Off
	Pros pect	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	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 Ru
	Junior Nat	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	Photos: 4:10 - 4:30 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 Ru
	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 Ru
	Pres pect	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 Ru
	Intro Gold	Off	Dryland: 4:00 - 5:00	Photos: 5:00 - 5:30	Dryland: 4:00 - 5:00	Team Building	Team Building	Terry Fox Ru
			SW: 5:00 - 6:00		SW: 5:00 - 6:00			100000000000000000000000000000000000000
	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			
		Off Off	SW: 4:00 - 5:00	Photos: 5:00 - 5:30 Photos: 5:00 - 5:30	SW: 4:00 - 5:00			
	Intro Silver		SW: 4:00 - 5:00 Dryland: 5:00 - 6:00 SW: 4:30 - 5:30	Carlotte Committee Committ	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00 SW: 4:30 - 5:30			
	Intro Silver	Off 15-Sep	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00 SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-Sep	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00 SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	19-Sep	20-Sep	21-Sep
	Intro Silver	Off 15-Sep Dryland: 2:30 - 3:00	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00 SW: 4:30 - 5:30 Dryland: 5:30 - 6:30 16-Sep Dryland: 2:30 - 3:00	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-Sep Dryland: 2:30 - 3:00	SW: 4:00 - 5:00 Dryland; 5:00 - 6:00 SW: 4:30 - 5:30 Dryland; 5:30 - 6:30 18-Sep Dryland; 2:30 - 3:00	Dryland: 2:30- 3:00	Dryland: 7:00 - 7:30am	21-Sep Off
	Intro Silver Intro Bronze + Bronze Plus	Off 15-Sep	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00 SW: 4:30 - 5:30 Dryland: 5:30 - 6:30	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-Sep	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00 SW: 4:30 - 5:30 Dryland: 5:30 - 6:30			
	Intro Silver Intro Bronze + Bronze Plus Elite	Off 15-Sep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 4:30 - 5:30	SW: 4:00 - 5:00 Dryland: 5:00 - 6:00 SW: 4:30 - 5:30 Dryland: 5:30 - 6:30 16-Sep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 4:30 - 5:30	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-Sep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 4:30 - 5:30	SW 4.00 - 5:00 Dryland 5:00 - 5:00 SW 4.50 - 5:00 Dryland 5:30 - 6:30 Dryland 2:30 - 3:00 SW 3:00 - 4:30 Dryland 4:30 - 5:30	Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 4:30 - 5:30	Dryland: 7:00 - 7:30am SW: 7:30 - 9:00am	Off
Week 3	Intro Silver Intro Bronze + Bronze Plus Eifte Junior Nat	Off 15-Sep Dryland: 2:30 - 3:00 5W: 3:00 - 4:30 Dryland: 4:30 - 5:30 Dryland: 4:30 - 5:30	SW: 4.00 - 5.00 Dryland 5:00 - 6:00 SW: 4.30 - 5:30 Dryland 5:30 - 6:30 Dryland 2:30 - 8:30 Dryland 2:30 - 8:30 Dryland 3:30 - 8:30 Dryland 3:30 - 8:30 Dryland 3:30 - 8:30 Dryland 4:30 - 8:30 Dryland 4:30 - 8:30 Dryland 4:30 - 8:30	Photos: 5:00 - 5:30 PHOTO DAY - CX 222 17-Sep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 SW: 5:30 - 6:30 SW: 5:30 - 6:30 Dryland: 4:30 - 5:30 Dryland: 4:30 - 5:30	SW 400 - 500 Dryland 5 00 - 5 00 SW 430 - 5 30 Dryland 5 30 - 6 30 Dryland 2 30 - 300 SW 3 00 - 4 30 Dryland 4 30 - 5 30 SW 5 30 - 6 30 Dryland 4 30 - 5 30 SW 5 30 - 6 30	Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 Dryland: 4:30 - 5:30	Dryland: 7:00 - 7:30am SW: 7:30 - 9:00am Off	off off
Week 3	Intro Silver Intro Bronze + Bronze Plus Eilte Junior Nat Junior Pro v	Off 15-Sep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	SW 4 00 - 500 SW 4 00 - 500 SW 4 30 - 530 Dryland 5 03 - 630 Dryland 5 30 - 630 Dryland 2 30 - 630 Dryland 2 30 - 300 SW 3 00 - 430 Dryland 3 30 - 530 SW 5 30 - 630 SW 5 30 - 630	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-5ep Dryland: 2:30 - 3:00 SW 3:00 - 4:30 Dryland: 4:30 - 5:30 SW 5:30 - 6:30 Dryland: 4:30 - 5:30 SW 5:30 - 6:30 SW 5:30 - 6:30	SW 400 - 500 Divised 5 00 - 6 00 SW 430 - 530 Dryland 5 30 - 6 30 Dryland 2 30 - 3 00 SW 3 00 - 430 SW 5 00 - 430 SW 5 50 - 630 Dryland 430 - 530 SW 5 530 - 630 SW 5 530 - 630	Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 SW: 4:30 - 5:30	Dryland: 7:00 - 7:30am SW: 7:30 - 9:00am Off	off off
Week 3	Intro Silver Intro Brozze - Broaze Plus Eilite Junior Nat Junior Proy Prospect	Off 15-Sep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 3:30 - 5:30 SW: 5:30 - 6:30 SW: 5:30 - 6:30 Dryland: 3:30 - 5:30 Dryland: 5:30 - 6:30	SW 400-500 Dryland 500-600 SW 430-530 Dryland 530-630 Dryland 530-630 Dryland 230-300 SW 300-430 Dryland 430-530 SW 500-630 Dryland 430-530 SW 500-630 Dryland 430-530 Dryland 430-530	Photos: 5:00 - 5:30 PHOTO DAY - 0X - 222 17-Sep Dryland: 2:30 - 8:00 SW : 5:00 - 4:30 Dryland: 4:30 - 5:30 SW : 5:30 - 6:30 SW : 5:30 - 6:30 Dryland: 5:30 - 5:30 Dryland: 5:30 - 5:30	SW 400 - 500 Dryland 5 00 - 6 00 SW 420 - 530 Dryland 5 30 - 6 30 Dryland 5 30 - 6 30 18-Sep Dryland 2 30 - 300 SW 300 - 430 Dryland 4 30 - 530 SW 530 - 630 Dryland 4 30 - 530 SW 530 - 630 Dryland 4 00 - 500 Off	Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 SW: 5:30 - 6:30 Dryland: 5:30 - 6:30	Dryland: 7:00 - 7:30am SW: 7:30 - 9:00am Off Off	off off off
Week 3	Intro Silver Intro God	Off 15-Sep Dryland: 230 - 3 00 SW: 3 00 - 4 30 Dryland: 430 - 5 30 SW: 5 30 - 6 30 Dryland: 5 30 - 5 30 Dryland: 5 30 - 5 30 Off	SW 400-500 Dryland 5:00-600 SW 430-530 Dryland 5:30-630 Dryland 5:30-630 16-Sep Dryland 2:30-300 SW 300-630 Dryland 4:30-530 SW 530-630 Dryland 4:30-530 SW 530-630 SW 500-600 SW 500-600	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-5ep Dryland: 2:30 - 3:00 5W: 3:00 - 4:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 SW: 5:30 - 6:30 SW: 5:30 - 5:30 Dryland: 5:30 - 6:30 Off	SW 400-500 Dryland 500-600 SW 430-530 Dryland 530-630 SW 500-630 IB-Sep Dryland 230-300 SW 300-430 Dryland 430-530 SW 530-630 Dryland 430-530 SW 530-630 Dryland 430-500 SW 500-600 SW 500-600 SW 500-600	Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 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 Dryland: 5:30 - 6:30	Dryland: 7.00 - 7:30 am SW: 7:30 - 9 00 am Off Off	off off off off
Week 3	Intro Silver Intro Silver Intro Silver Broare Plas Eilte Junior Nat Junior Prov Prospect Intro Gold Intro Silver Intro Silver	Off 15-Sep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 3:00 - 5:30 SW: 5:30 - 6:30 Dryland: 3:00 - 5:30 SW: 5:30 - 6:30 Dryland: 5:30 - 6:30 Off Off Off	SW 400-500 Dryland 5:00-600 SW 430-530 Dryland 5:30-630 Dryland 5:30-630 Dryland 2:30-300 SW 300-430 Dryland 4:30-530 SW 500-600 SW 500-600 SW 500-500 Dryland 4:00-500 Dryland 5:30-600 SW 500-500 Dryland 5:30-600 SW 400-500 Dryland 5:30-600	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-Sep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 SW: 5:30 - 6:30 SW: 5:30 - 6:30 SW: 5:30 - 6:30 SW: 4:30 - 5:30 Dryland: 4:30 - 5:30 Oryland: 5:30 - 6:30 Oryland: 5:30 - 6:30 Oryland: 5:30 - 6:30	SW 400 - 500 Dryland 500 - 600 SW 430 - 530 Dryland 530 - 630 18 Sep Dryland 230 - 300 SW 300 - 430 Dryland 430 - 530 Dryland 430 - 530 SW 530 - 630 Dryland 430 - 500 SW 500 - 600 SW 500 - 600 SW 500 - 600 SW 500 - 600 Dryland 500 - 500 Dryland 500 - 500 Dryland 500 - 600	Dryland 2:39-300 Pryland 4:30-530 Pryland 4:30-530 SW: 530-630 SW: 530-630 SW: 530-630 SW: 430-530 SW: 430-530 Oryland 5:30-630 Off	Dryland: 7:00 - 7:30am SW: 7:30 - 9:00am Off Off Off Off	off off off off off off off off
Week 3	Intro Silver Intro Silver Intro Silver Broare Plas Eilte Junior Nat Junior Play Prospect Intro GoM Intro Silver Intro Broare Plas	Off 15-Sep Dryland: 230 - 3.00 SW: 3.00 - 4.00 Dryland: 430 - 5.30 SW: 5.30 - 6.20 Dryland: 3-0 - 5.30 SW: 5.30 - 6.20 Dryland: 5.30 - 5.30 SW: 5.30 - 6.30 Off Off Off Off Off 22-Sep	SW 4 00 - 500 SW 4 30 - 530 Dryland 5 30 - 6 30 SW 4 30 - 530 Dryland 5 30 - 6 30 Ti6Sep Oryland 2 30 - 6 30 SW 300 - 420 Dryland 4 30 - 530 SW 530 - 630 Dryland 4 30 - 530 SW 500 - 600 SW 500 - 600 SW 4 30 - 530 Dryland 5 30 - 630 SW 500 - 600 SW 4 30 - 530 Dryland 5 30 - 630 SW 4 30 - 530 Dryland 5 30 - 630	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-5ep Dryland: 2:30 - 3:00 SW 3:30 - 4:30 Dryland: 4:30 - 5:30 SW 5:30 - 6:30 Dryland: 4:30 - 5:30 SW 5:30 - 6:30 Dryland: 5:30 - 6:30 Oryland: 5:30 - 6:30	SW 400-500 Dryland 5.00-6.00 Dryland 5.30-6.30 Dryland 5.30-6.30 Dryland 5.30-6.30 Dryland 2.30-300 SW 300-4.30 Dryland 4.30-5.30 SW 5.30-6.30 Dryland 4.30-5.30 SW 5.30-6.30 Dryland 4.00-5.00 SW 5.00-6.00 SW 4.30-5.00 Dryland 4.00-5.00 Dryland 4.00-5.00 SW 4.30-5.00 Dryland 5.00-6.00	Dryland 2:39-3:00 SW: 3:00-4:30 Dryland 4:30-5:30 SW: 5:30-6:30 Dryland 4:30-5:30 SW: 5:30-6:30 SW: 5:30-6:30 Dryland 5:30-6:30 Off Off Off Off 265ep	Dryland: 7:00 - 7:30am SW: 7:30 - 9:00am Off Off Off Off Off Off	off
Week 3	Intro Silver Intro Silver Intro Silver Broare Plas Eilte Junior Nat Junior Prov Prospect Intro Gold Intro Silver Intro Silver	Off 15-Sep Dryland: 2-30 - 3 00 SW - 30 0 - 4 20 Dryland: 430 - 5 30 SW - 530 - 630 Dryland: 430 - 5 30 SW - 530 - 630 Off Off Off Off Off Off Cyslend: 225-2-45 SW - 245 - 430	SW 400-500 Dryland 5:00-600 SW 30-530 Dryland 5:30-630 Dryland 5:30-630 Dryland 2:30-300 SW 300-600 Dryland 4:30-530 SW 500-600 Dryland 4:30-500 SW 500-600 Dryland 5:30-500 Dryland 5:30-500 Dryland 5:30-600	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-5ep Dryland: 2:30 - 3:00 SW 3:00 - 4:30 Dryland: 4:30 - 5:30 SW 5:30 - 6:30 Dryland: 4:30 - 5:30 SW 5:30 - 6:30 Dryland: 5:30 - 6:30 Off Off Off Off Dryland: 5:30 - 6:30	SW 400 - 500 Dryland 5 00 - 6 00 SW 420 - 530 Dryland 5 30 - 6 30 Dryland 5 30 - 6 30 18-Sep Dryland 2 30 - 300 SW 300 - 430 Dryland 4 30 - 530 SW 530 - 630 Dryland 4 30 - 530 SW 530 - 630 Dryland 4 00 - 500 SW 500 - 600 SW 500 - 600 Dryland 5 00 - 600 SW 500 - 500 Dryland 5 00 - 600 Dryland 5 00 - 600 Dryland 5 00 - 600 SW 400 - 500 Dryland 5 00 - 600 Dryland 5 00 - 600 Dryland 5 00 - 600 SW 500 - 500 Dryland 5 00 - 600 Dryland 5 00 - 600 SW 500 - 500 Dryland 5 500 - 600 SW 500 - 500 Dryland 5 500 - 600 SW 500 - 500 Dryland 5 500 - 600 SW 500 - 500 Dryland 5 500 - 600	Dryland 2:39-3:00 SW: 300-4:30 Dryland: 4:30-5:30 SW: 5:30-6:30 Dryland: 4:30-5:30 SW: 5:30-6:30 Dryland: 5:30-6:30 Dryland: 5:30-6:30 Off Off 26-9ep Dryland: 2:15-245 SW: 245-4:30	Dryland: 7:00 - 7:30am SW: 7:30 - 9:00am Off Off Off Off Off Off Off Off Off Of	off off off off off off off off
Week 3	Intro Silver Intro Silver Intro Silver Broare Plas Eilte Junior Nat Junior Play Prospect Intro GoM Intro Silver Intro Broare Plas	Off 15-Sep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 SW: 3:30 - 4:30 SW: 5:30 - 6:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 Oryland: 5:30 - 6:30 Off Off Off Off Off Off Off Of	SW 400-500 Dryland 5:00-600 SW 30-530 Dryland 5:30-630 Dryland 5:30-630 Dryland 5:30-630 Dryland 2:30-300 SW 300-600 Dryland 4:30-530 SW 500-600 SW 500-500 Dryland 4:00-500 SW 500-600 Dryland 5:30-600 Dryland 5:30-600 Dryland 5:30-600 SW 400-500 Dryland 5:30-600	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-5ep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 Dryland: 5:30 - 6:30 Off Off Off 24-5ep Dryland: 2:15 - 2:45 SW: 2:35 - 3:30 Dryland: 2:35 - 2:45 SW: 2:35 - 3:30 Dryland: 2:35 - 2:45 SW: 2:35 - 3:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	SW 400-500 Dryland 500-600 SW 430-530 Dryland 530-630 Dryland 530-630 18-Sep Dryland 230-300 SW 300-430 Dryland 430-530 SW 530-630 Dryland 430-530 SW 530-630 Dryland 430-500 SW 500-600 SW 500-600 Dryland 500-600 Dryland 500-600 Dryland 500-600 Dryland 500-600 SW 400-500 Dryland 500-600 SW 450-530 Dryland 530-630 Dryland 530-630 SW 550-630 SW 550-630 Dryland 530-630 SW 550-630 Dryland 530-630 SW 550-630 SW 550-630	Dryland 2:39-3:00 SW: 300-4:30 Dryland 4:30-5:30 SW: 530-6:30 Dryland 4:30-5:30 SW: 530-6:30 Dryland 5:30-6:30 Dryland 5:30-6:30 Off Off 26-5ep Dryland 2:15-245 SW: 245-4:30 Dryland 4:30-5:30 SW: 530-6:30	Dryland: 7:00 - 7:30am SW: 7:30 - 9:00am Off Off Off Off Off Off Off Off Off Of	off
Week 3	Intro Silver Intro Silver Intro Silver Broare Plas Eilte Junior Nat Junior Prov Prospect Intro GoM Intro Silver Intro Silver Intro Broare Plas Eilte	Off 15-Sep Oryland: 2-20 - 3.00 SW: 3.00 - 4.20 Oryland: 4.30 - 5.30 SW: 5.30 - 6.30 Dryland: 4.30 - 5.30 SW: 5.30 - 6.30 Off Off Off Off Off Off Off O	SW 4 00 - 500 Dryland 5 30 - 6 30 Dryland 5 30 - 6 30 Dryland 5 30 - 6 30 Dryland 6 30 - 500 SW 530 - 630 Dryland 4 30 - 530 SW 530 - 630 Orf Bryland 4 00 - 500 SW 500 - 600 SW 4 00 - 500 Dryland 5 30 - 600 Dryland 5 30 - 600 SW 4 00 - 500 Dryland 5 30 - 600	Photos: 5:00 - 5:30 PHOTO DAY - CK 222 17-5ep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 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 Off Off 24-5ep Dryland: 5:30 - 6:30 Dryland: 4:30 - 5:30 Off Off 24-5ep Dryland: 4:30 - 5:30 SW: 5:30 - 6:30 Dryland: 4:30 - 5:30 SW: 5:30 - 6:30	SW 400 - 500 Drivland 5 00 - 6 00 SW 430 - 5 30 Drivland 5 30 - 6 30 Drivland 5 30 - 6 30 Drivland 2 30 - 300 SW 3 00 - 4 30 Drivland 4 30 - 5 30 SW 3 00 - 4 30 Drivland 4 30 - 5 30 SW 5 30 - 6 30 Orlyland 4 30 - 5 30 SW 5 30 - 6 30 Orlyland 5 00 - 6 00 SW 4 50 - 5 00 SW 4 20 - 5 00 Drivland 5 00 - 6 00 SW 4 20 - 5 30 Drivland 5 30 - 6 30	Dryland 239-300 SW 300-430 Dryland 430-530 Dryland 430-530 SW 530-630 Dryland 430-530 SW 530-630 Dryland 530-630 Off Off Off Off Off Off Off Of	Dryland: 7,00 - 7:30am SW: 7:30 - 9.00am Off Off Off Off Off Off Off 27-5ep Dryland: 6:00 - 6:15am SW: 6:15 - 8:00am	off
	Intro Silver Intro Silver Intro Silver Broare Plas Eilite Junior Nat Junior Plo v Pros pect Intro Gold Intro Silver Intro Broare Plas Eilite Junior Nat	Off 15-Sep Dryland: 2:30 - 3:00 SW: 3:00 - 4:30 Dryland: 3:30 - 5:30 SW: 5:30 - 6:30 SW: 5:30 - 6:30 Dryland: 5:30 - 6:30 Off Off Off 22-Sep Dryland: 2:15 - 2:45 SW: 2:45 - 4:30 SW: 2:45 - 4:30 Dryland: 5:30 - 6:30 Off Off Off Off Dryland: 5:30 - 6:30 Dryland: 5:30 - 6:30 Dryland: 5:30 - 6:30 Dryland: 5:30 - 6:30 Dryland: 5:30 - 5:30 SW: 3:0 - 6:30	SW 400-500 Dryland 5:00-600 SW 430-530 Dryland 5:30-630 Dryland 2:30-630 Dryland 2:30-630 Dryland 2:30-630 Dryland 4:30-530 Dryland 4:30-530 Dryland 4:30-530 Dryland 4:30-530 SW 500-600 SW 500-500 Dryland 5:30-630 Dryland 6:30-530 Dryland 6:30-530 Dryland 6:30-530 Dryland 6:30-530 Dryland 6:30-530 Dryland 6:30-630 Dryland 6:30-630	Photos: 5:00 - 5:30 PHOTO DAY - CX - 222 17-Sep Dryland: 2:30 - 8:00 SW : 3:00 - 4:30 SW : 5:30 - 6:30 SW : 5:30 - 6:30 Dryland: 4:30 - 5:30 SW : 5:30 - 6:30 Off Off Off 24-Sep Dryland: 2:15 - 2:45 SW : 2:45 - 4:30 SW : 2:45 - 4:30 SW : 5:30 - 6:30 Off Off Off Off Off Off Off O	SW 400-500 Dryland 500-600 SW 430-530 Oryland 530-630 Dryland 530-630 18-Sep Dryland 230-300 SW 300-430 Dryland 430-530 SW 530-630 Oryland 430-500 SW 500-600 SW 500-600 Dryland 500-600 Dryland 500-600 Dryland 530-630 Dryland 530-630 Dryland 530-630 Dryland 530-630 Dryland 530-630 SW 250-630 Dryland 530-630	Dryland 2:39-3:00 SW: 3:00-4:20 Dryland 4:30-5:30 SW: 5:30-6:30 SW: 5:30-6:30 Dryland 4:00-5:30 SW: 5:30-6:30 Dryland 5:30-6:30 Off Off 265rep Dryland 2:15-245 SW: 245-4:30 SW: 5:30-6:30 SW: 245-4:30 Dryland 4:30-5:30 SW: 245-4:30 SW: 245-4:30 SW: 245-4:30 SW: 5:30-6:30 Dryland 4:30-5:30 SW: 5:30-6:30 SW: 5:30-6:30 SW: 5:30-6:30	Dryland: 7.00 - 7:30am SW: 7:30 - 9.00am Off Off Off Off Off Off Off Off Off Of	off
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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

highlighted sessions at Wascana pool



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 <u>Scholarship and Assistance</u>. 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.

Pantasyland EUN GO

Team Events Link





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!



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



























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