

TEAM NEWSLETTER

December 6, 2025

Upcoming Events

Prairie Winter International – December 11-14

RODS Christmas Party – December 19

South Sask Racing Series #2

Congratulations to all the RODS swimmers who participated in the second Racing Series today. A big thank you to all the parents who came out to help officiate and support our swimmers.



*Lost and found from Winter Solstice
Green size M team shirt
RODS toque*

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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Swimmers of the Month for November

Intro Bronze UofR
Congratulations Cambrie



Intro Bronze Lawson
Congratulations Khloe



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Intro Bronze Plus UofR
Congratulations Madi



Intro Silver UofR
Congratulations Hayley



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Intro Silver Lawson
Congratulations Gwen



Intro Gold Lawson
Congratulations Cashton



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Intro Gold UofR
Congratulations Aviva



Prospect Silver
Congratulations Patrick



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Prospect Gold
Congratulations Alen



Junior Provincial
Congratulations Cohen

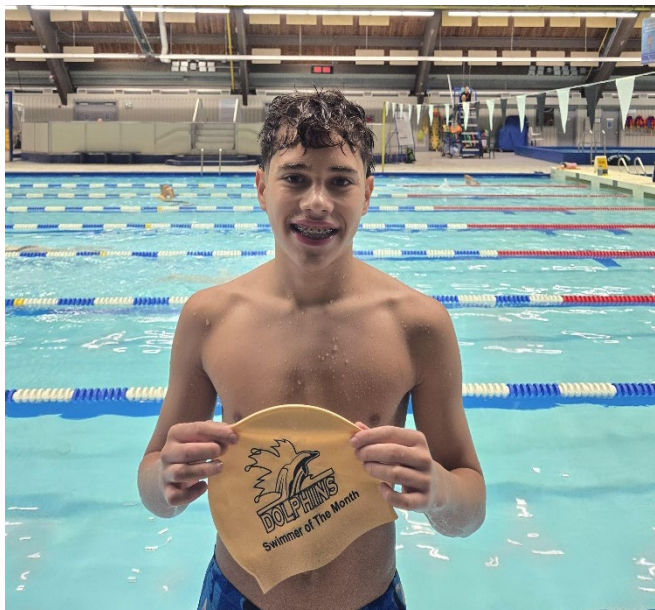


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Junior National
Congratulations Iker



Elite
Congratulations Jasmine



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Cougars
Congratulations Isaac



Christmas Party

Christmas Party and Potluck at the Lawson – Friday, December 19

Fun in the pool (400-530PM) followed by Secret Santa gift exchange (names will be drawn by group) and pot luck in Classrooms 1 and 2 (530-700PM). Drop food and gifts to Classroom 2 starting at 400PM.

Last day of practice before Christmas. Please sign up to help with planning.

Intro to Competitive Groups: please bring a dessert or treat

Prospect Gold and Silver: please bring a hot dish or main

Junior Provincial, Junior National and Elite: please bring a salad or side dish

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Canada Games Recognition



Team Sask Canada Games athletes attended the Legislative Assembly this week to be acknowledged for their participation in the 2025 Canada Summer Games. The RODS were represented by Macy Harlos, Owen Eisler and Soren Hansen.

Fundraising

Bingo shifts are posted for December through February. 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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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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