



# WEEKLY NEWSLETTER

## Friday, December 6, 2024

### Upcoming Events

RODS/Marlins Racing Series #1 – December 14

Christmas Party and Pot Luck – December 20

Christmas Home Training Camp – December 27-January 4

RODS Winter Classic – January 17-19

Goldfins Winter Classic – January 31-Feb 2

### November Swimmers of the Month

Intro to Competitive Bronze Cougars – Congratulations Everly R!



**Regina Optimist Dolphins Swim Team**  
**Mailing Address: 355-4246 Albert Street, Regina SK S4S 3R9**  
**Office Address: 1717 Elphinstone Street, Regina**  
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Intro to Competitive Silver Cougars – Congratulations Elisei!



Intro to Competitive Silver RODS - Congratulations Samantha R!



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Intro to Competitive Gold Cougars - Congratulations Santiago!



Recreational – Congratulations Clementine!



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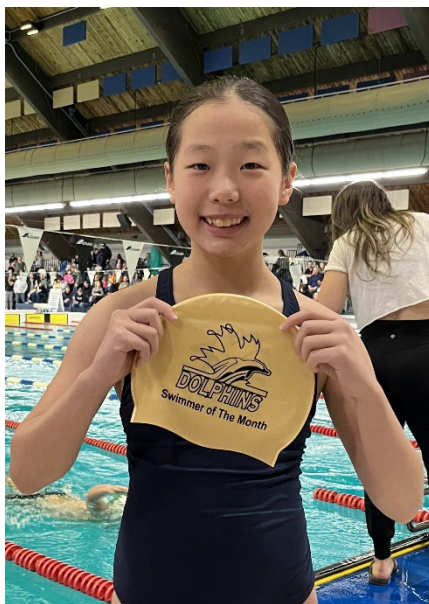


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Prospect - Congratulations Amanda!



Junior Provincial - Congratulations Aarshia!



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Junior National - Congratulations Jane!



Elite - Congratulations Cashis!



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Cougars - Congratulations Matthew!



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### December Swim Meets and Events

#### Prairie Winter International

Our 33 RODS swimmers attending PWI in Winnipeg are having a fantastic meet so far!



#### NEW RODS/Marlins Racing Series #1

**Saturday, December 14**

**Location:** Lawson Aquatic Centre

**Warmups:** 3PM

**Racing Starts:** 4PM

Officials are needed for this event

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We will need you to commit to and sign up for the whole shift: 3:15pm until end of meet (roughly 7 pm. but time TBD until entries are completed). Safety Marshalls need to be on deck at 2:50 pm. Please sign up here:

<https://www.signupgenius.com/go/10C0E4BA4A62CA4FCC52-53325396-regina>

### Christmas Party and Potluck

**Friday, December 20**

Fun in the pool (400-530PM)

Secret Santa gift exchange (names will be drawn by group) and

Pot luck supper in Classroom 1 to follow (530-700PM)

Last day of practice before Christmas

Elite and Junior National will NOT be swimming in the relays. Please come and help on deck and at the pot luck and gift exchange.



#### **Please bring to the potluck:**

Intro to Competitive and Recreational: salad or side dish

Junior Provincial and Junior National: hot dish or main

Prospect and Elite: dessert

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### Christmas Home Training Camp

Friday, December 27 – Saturday, January 4

Home training camp over the Christmas Holidays

Sign is available for Prospect, Junior Prov and Junior Nat

Friday Dec 27	Saturday Dec 28	Sunday Dec 29	Monday Dec 30	Tuesday Dec 31	Thursday Jan 2	Friday Jan 3	Saturday Jan 4
515-730AM	945-12noon	945-12noon	515-730AM	515-730AM	345-530PM	515-730AM	530-745AM
JNat, JProv	JNat, JProv	JNat, JProv	JNat, JProv	JNat, JProv	JNat, JProv	JNat, JProv	JNat, JProv
345-530PM			945-1130AM	1015-12noon	345-530PM		530-745AM
JNat, JProv			Prospect	Prospect	Prospect		Prospect
			345-600PM				
			JNat, JProv				

### January Swim Meets

#### RODS Regina Winter Classic

Lawson Aquatic Centre

January 17-18-19, 2025

All groups: Intro to Competitive, Recreational, Prospect, Junior Prov, Junior Nat, Elite

Intro to Competitive and Recreational swimmers are encouraged to sign up. Prospect and above are signed up, decline by **January 3** if unable to attend.

**Swimmers in Prospect and above must have a parent volunteering at 3 sessions in order to participate. If you will be unable to volunteer the required number of shifts at the meet please decline your swimmer before the deadline.**

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### Goldfins Winter Classic

Shaw Centre, Saskatoon

Friday, January 31 - Sunday, February 2, 2025

Bus Travel

Groups: Elite, Junior Nat, Junior Prov, Prospect, Intro to Competitive (Silver and Gold)

Prospect and up are automatically signed up, please decline by December 30 if unable to attend. Intro must sign up if wanting to attend. 10 and under can travel and stay with parents.

Chaperones: TBD

Hotel: Home Inn& Suites Saskatoon South (hotel deadline is **December 30** for our group booking including any parent rooms requested)

[Upcoming Events](#)

### Fundraising

Please go to our events page to sign up for Bingo. December, January, and February bingos will be posted on the Dolphins' website this weekend. Families will be invited to sign up for 2 bingos per month to start with and then any empty shifts will be available for additional sign-ups the following week. Families may also sign up for 2 additional substitute positions per month. Bingos will be released for sign-up beginning on Monday, December 9<sup>th</sup> at 9:00 pm.

[Regina Dolphins Swim Team - Events \(teamunify.com\)](https://teamunify.com)

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

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WESTJET 



Downtowners  
OPTIMIST CLUB

AIR CANADA 

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THANK YOU TO OUR TEAM SPONSORS

**balloon bar**  
YQR



*Tim Hortons*

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