



WEEKLY NEWSLETTER

Friday, February 7, 2025

Upcoming Events

Black and Green Meet #2 – February 7

Head to Head with Olympian Rebecca Smith – February 18

Mental Skills with Kyle – February 19

Junior Provincials – February 28 – March 2

Black and Green Meet #2

University of Regina

TODAY! Friday, February 7, 2025

4:30-6:30 PM

2025 Saskatchewan Open Short Course Junior Provincials

Deadline to sign up/decline TODAY! – February 7

February 28-Mar 2, 2025

Kinsmen Sportsplex, Moose Jaw

Eligibility

10 and under girls, 11 and under boys must have competed in at least one other sanctioned competition this season

11 and over girls, 12 and over boys must have at least one 'A' time (see qualification times below) Swimmers may not participate in any events in which they have a "AA" time

Awards

Medals for first to third place in individual events, ribbons for fourth to tenth place

Top three most improved per age group and gender

[A and AA Time Standards](#)

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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January Swimmers of the Month

**Intro to Competitive Bronze Cougars
Congratulations Daisy!**



**Intro to Competitive Bronze Plus Cougars
Congratulations Hayley!**



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**Intro to Competitive Silver Cougars
Congratulations Abby!**



**Intro to Competitive Silver RODS
Congratulations Danica!**



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**Intro to Competitive Gold Cougars
Congratulations Ander!**



**Recreational
Congratulations Georgia!**



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**Prospect
Congratulations Claire!**



**Junior Provincial
Congratulations Ferran!**



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**Junior National
Congratulations Tenley!**



**Elite
Congratulations Inigo!**



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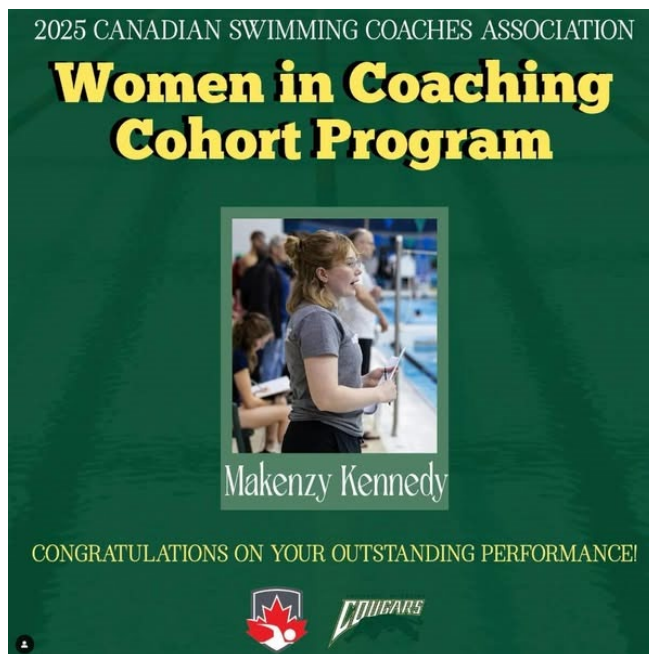
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Cougars
Congratulations Dylan!



CONGRATULATIONS TO COACH MAKENZY

Coach Makenzy was selected to the Women in Coaching Cohort Program



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Head to Head with Rebecca Smith

Tuesday, February 18

For all swimmers Intro to Competitive through to Elite

Scheduled at the University of Regina pool. Classroom location **CK187**

Cougars/Elite: Practice 2:30-3:30pm, Rebecca Swim 3:30-4:30pm, Classroom 4:30-5:30pm

Junior National, Junior Provincial: Rebecca Swim 3:30-4:30pm, Classroom 4:30-5:30pm

Prospect, Intro: Classroom 4:30-5:30pm, Rebecca Swim 5:30-6:30pm



**MEET AND LEARN FROM
PARIS 2024 OLYMPIAN
REBECCA SMITH**



- IN POOL SESSION
- CLASSROOM SESSION
- Q&A, AUTOGRAPHS, PHOTOS & MORE



REGINA OPTIMIST
DOLPHINS
SWIM TEAM

www.headtohead.ca

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Mental Sessions with Kyle

Wednesday February 19 @ U of R

Cougars: 215-240 PM

Elite: 240-3PM

U of R Intro to Comp: 5-530 PM - CK219

Prospects: 5:30-6 PM -CK219



Wednesday February 19 @ Lawson

Jr Provincial/National at Lawson: 630 - 7 PM – Classroom 3 (old Sportco)

Thursday February 27 @ U of R

Cougars 215-240 PM

Elite 240-3PM

UofR Intro to Comp: 5-530 PM – CK219

USports Time Trial

Time Trial for USports/ManSask

Friday, February 14

4:00-7:00PM

Lawson Aquatic Centre

Parents of swimmers are needed to help officiate, please sign up

[Team Events](#)

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Fundraising

Please go to our events page to sign up for Bingo. February bingos are posted on the website.

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

Winter Citrus Fundraiser

Orders are due TODAY!

REGINA DOLPHINS WINTER CITRUS FUNDRAISER

Fresh off the tree California oranges and
grapefruit (20lb box)

Oranges \$50

Pink Grapefruit \$55

Order from any Dolphins team member

March delivery



WWW.REGINADOLPHINS.COM

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Professional Photos

Do you have a professional action photo of your swimmer you can share with the team? We are always looking for quality photos of our RODS swimmers to use in team and promotional items. Please forward any photos you would like to share to office@reginadolphins.com

Winter 2025 Officials Clinics



Sunday, March 23
2:00pm-6:30pm

Judge of Stroke & Inspector of Turns
Hosted by Regina Marlins and Swim Sask



In-person at the University of Regina
Registration Deadline: Friday, March 21 at 8am
To register, sign into your REMS account then "Login to LMS"

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THANK YOU TO OUR TEAM SPONSORS



PRAIRIE SKIES
MEDICAL IMAGING



SASK LOTTERIES



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



Downtowners
OPTIMIST CLUB



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balloon bar
YQR



Tim Hortons

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