



WEEKLY NEWSLETTER

Friday, January 24, 2025

Upcoming Events

Goldfins Winter Whiteout – January 31-February 2

Black and Green Meet #2 – February 7

Head to Head with Rebecca Smith – February 18

Winter Classic

Thank you very much to everyone for making the 2025 RODS Winter Classic a **resounding success!**

With **74 RODS swimmers competing**, we saw so many brave young swimmers tackling Long Course for the first time, and lots of senior swimmers getting ready for their big meets later in the season. Our swimmers joined forces to achieve **359 lifetime bests** – an **average** of almost **5 best times** per swimmer!

Congratulations to **Ferran Gutierrez Carabias** on his new AA ManSask qualification, and congratulations to **Joshua Becerra** on achieving his Provincial A standard.



Congratulations
Ferran
New AA



Congratulations
Joshua
New A

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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Hi RODS Parents,

On behalf of our entire club, I want to extend our deepest gratitude for your incredible support during last weekend's swim meet. The event ran from Friday afternoon until Sunday afternoon, and we were truly moved by the overwhelming presence and assistance of so many parents throughout all four sessions.

Your dedication to being on deck after a long work week does not go unnoticed. Your contributions were vital to the success of the meet, and your enthusiasm created an atmosphere of community. On Sunday, during the fourth session, it was heartwarming to see the deck nearly full of our dedicated swimming parents, all coming together to support our young athletes.

Thank you once again for your commitment and for making this event a memorable experience for everyone involved. We couldn't have done it without you!

With heartfelt appreciation,

Gabe

Special thanks to parents who officiated at all 4 sessions!

Kathleen Eisler

Shaiffee Gupta

Sanela Begic

Colin Carleton

Orenda Pelzer

Chris Hansen

Jason Pelzer

Andrea Lavoie

Tyler Koyl

Gabe Becerra

Scott Adelman

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Goldfins Winter Whiteout

Shaw Centre, Saskatoon

Friday, January 31 - Sunday, February 2, 2025

Bus Travel: departing 12 noon, Friday

Hotel: Home Inn and Suites

[Weekend Itinerary](#)

Black and Green Meet #2

University of Regina

Friday, February 7, 2025

4:30-6:30 PM

Groups: Junior, Prospect, Recreational, all Intro Groups

The second Black and Green meet of the season for all swimmers in Intro, Recreational, Prospect and Junior. Please be on deck by 4:30PM. A great opportunity for our newer swimmers to see what a swim meet is like on a smaller scale with just members from our team. These mini meets are lots of fun for the kids and there is no cost to attend. Please sign up if your regular training is not usually on a Friday.

[upcoming events page](#)

Updated Team Schedules and Calendar

Please check January schedules for updates to the Jan 31-Feb 2 weekend

[Training Schedules](#)

Make sure to see updates to the team calendar

[Team Calendar](#)

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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 **EA 106.1**

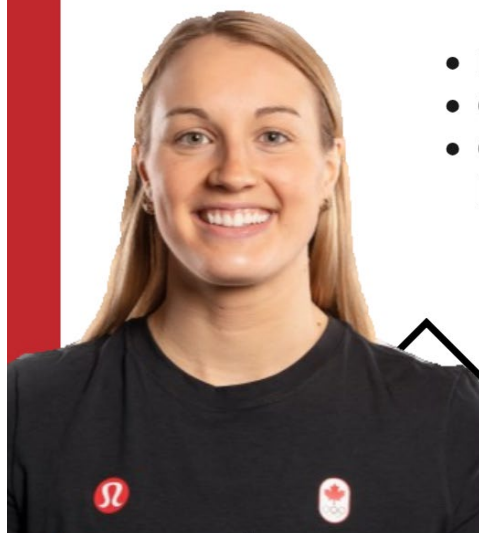
Cougars/Elite: Practice 2:30-3:30pm, Rebecca Swim 3:30-4:30pm, Classroom 4:30-5:30pm

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 January 29 @ U of R

Cougars 215-240 PM

Elite 240-3PM

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



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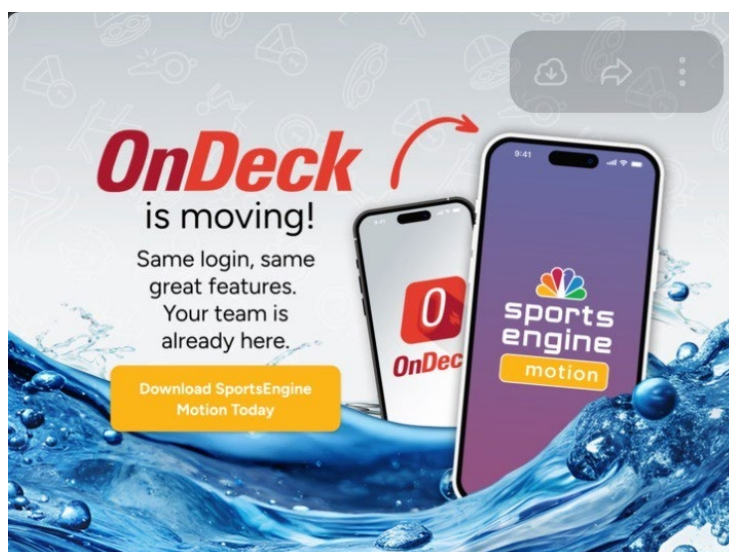


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New SportsEngine Motion App

The SportsEngine Motion app will replace the OnDeck app! Download the app before January 31st to enjoy all your favorite and new features. You can find more about this change including download links [here](#)!



Lost Items from the Meet

Team T-Shirts (many sizes)
Goggles and Goggles Case
2 Pairs Slides

Christmas Potluck Items

Small Crockpot
Yellow Bowl with Lid
Please pick up at the office!

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Fundraising

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

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

Winter Citrus Fundraiser

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

Sales are now open through to February 7, start collecting orders!

(Order forms were sent in a separate Email)

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Winter 2025 Officials Clinics

The team is in need of qualified officials. CJE course is this Sunday. Also Stroke and Turn and Starter courses coming up soon. Please sign up for a course to upgrade your qualifications

<https://www.swimsask.ca/how-to-get-started>



WINTER 2025 VIRTUAL OFFICIALS CLINICS

MEET MANAGER
SUNDAY, JANUARY 12
1:00 pm - 5:00 pm
Sign up by 8am on Jan 9

CHIEF JUDGE ELECTRONICS, CHIEF RECORDER, & RECORDER
SUNDAY, JANUARY 26
8:30 am - 12:30 pm
Sign up by 8am on Jan 23

STROKE & TURN
MONDAY, JANUARY 13 and
WEDNESDAY, JANUARY 15
6:30 pm - 8:30 pm
Sign up by 8am on Jan 9

STROKE & TURN
SATURDAY, FEBRUARY 8
1:00 pm - 5:00 pm
Sign up by 8am on Feb 6

STARTER
THURSDAY, JANUARY 16
6:30 pm - 8:30 pm
Sign up by 8am on Jan 14

STARTER
SUNDAY, FEBRUARY 9
9:30 am - 11:30 am
Sign up by 8am on Feb 6

OFFICIALS MUST COMPLETE INTRO TO OFFICIATING (TIMEKEEPER) AND SAFETY MARSHAL E-MODULES PRIOR TO ATTENDING THESE CLINICS.

LOGIN TO LMS (THROUGH REMS) TO REGISTER

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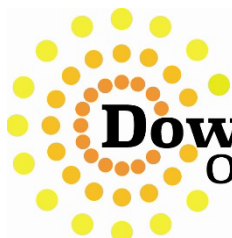
PRAIRIE SKIES
MEDICAL IMAGING



SASK LOTTERIES



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



Downtowners
OPTIMIST CLUB



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THANK YOU TO OUR TEAM SPONSORS

balloon bar
YQR



Tim Hortons

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