



WEEKLY NEWSLETTER

Friday, January 3, 2025

Upcoming Events

RODS Winter Classic – January 17-19

Goldfins Winter Classic – January 31-Feb 2

Black and Green Meet #2 – February 7

Transmountain Festivals and Training Camp – February 17-23

Happy New Year! Hope everyone enjoyed their Christmas break or holiday, or attending one of our home or away training camps. Regular training is back on Monday, apart from a few small changes, make sure to check your January schedules (also posted online [training schedules](#))



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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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 your last chance to sign up and participate. Prospect and above are signed up, decline by **the end of today, January 3** if unable to attend.

Entries are non-refundable after they have been submitted and paid by the team. 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.

Goldfins Winter Whiteout

Shaw Centre, Saskatoon

Friday, January 31 - Sunday, February 2, 2025

Bus Travel: departing 12 noon, Friday

Hotel: Home Inn and Suites

A time required in 11&under girls or 12&under boys category for any age swimmer to attend.

[2024-2028+ManSask+Time+Standards.pdf](#)

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February Swim Meets

Black and Green Meet #2

Friday, February 7, 2025

4:30-6:30 PM

University of Regina

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](#)

4:30 - 4:45 PM: Activation

4:45 PM - 5:15 PM: Warm - Up

5:15 PM - 5:25 PM: Whistle Protocols

5:30 PM - 6:30 PM: Races



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Transmountain Festival Meets and ManSask Training Camp

February 17-23, 2025

Hotel: Residence Inn, Calgary South (hot breakfast included and kitchen-suite rooms)

Open to Prospect, Junior Provincial, Junior National and Elite swimmers. Not for swimmers attending Junior Provincials.

Transmountain Festival heats and finals swim meets February 18-19 (short course) and 21-22 (long course). Training at Seton YMCA in preparation for Winter ManSask at the Lawson March 6-9.

Travel: vans

Chaperones: Orenda Pelzer, Cory Britton

Coaches: Mitchell and Makenzy

Deadline to sign up is January 12.

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)

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New Winter 2025 Officials Clinics

Parents who have not taken their stroke and turn yet, please take advantage of these upcoming virtual clinics January 13 and 15 so you are qualified before our Winter Classic Meet January 17-19 weekend. The team is in need of qualified officials for Starter, CJE and Meet Manager as well. Please sign up to advance your training. <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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RODS Mesh Equipment Bags Available



Team equipment bags are now back in stock at the Lawson office.

Christmas Party Gifts

If you were not able to attend the Christmas party but participated in the gift exchange you can pick up your gift at the office. There is also a small crockpot that was left at the pot luck.

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PRAIRIE SKIES
MEDICAL IMAGING



SASK LOTTERIES

OPEN  SKIES | MRI



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

Engelheim 

WESTJET 



Downtowners
OPTIMIST CLUB

AIR CANADA 

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balloon bar
YQR



Tim Hortons

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