



# TEAM NEWSLETTER

## January 9, 2026

### Upcoming Events

Winter Classic – January 16-19

Edmonton Open – January 29-February 1

Goldfins Winter Whiteout – February 6-8

Black and Green Meet #2 – February 6

### Regina Winter Classic

Our RODS-hosted Winter Classic meet, presented by Prairie Skies Medical Imaging, takes place January 16-19. Thank you to all parents who have already signed up to help officiate. ***We are still short of Timers and Inspector of Turns for all sessions.***

Parents of Intro swimmers attending, especially those who have been attending meets for a year or more, are asked to help for a session or two. We need the support of families in order to host meets for our swimmers.

Special thanks to Marianne Zamonsky who has volunteered as Hospitality Co-ordinator for the meet.

***Level 1 Timer and Safety Marshall e-modules can easily be taken online at any time.***

This week, Wednesday, January 14, we are hosting an in-person Judge of Stroke seminar. Officials can register by logging into their REMS account and clicking "Login to LMS":

<https://swimming.canada.sportsmanager.ie/spor.../users/login>

Swim Sask is also offering virtual seminars for Inspector of Turns, Judge of Stroke, Starter, and Electronics (CJE) over the next few weeks. Now is the time to initiate or upgrade your qualifications. For assistance, please contact Tracy at [traydi82@gmail.com](mailto:traydi82@gmail.com)




Regina Optimist Dolphins Swim Team  
Mailing Address: 355-4246 Albert Street, Regina SK S4S 3R9  
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### IN-PERSON OFFICIALS CLINICS

Hosted by: Regina Optimist Dolphins

**INSPECTOR OF TURNS**  
Wednesday, January 7  
6:30 pm-8:30 pm @ Lawson  
Registration Deadline: 8am on Jan 5

**JUDGE OF STROKE**  
Wednesday, January 14  
6:30 pm-8:30 pm @ Lawson  
Registration Deadline: 8am on Jan 12

Officials from any club are welcome to attend.

Prerequisites:

- Intro to Officiating
- Safety Marshal

\*Inspector of Turns clinic must be completed before Judge of Stroke



### WINTER 2026 VIRTUAL OFFICIALS CLINICS

**MON. JAN 5**  
**INSPECTOR OF TURNS**  
6:30 PM - 8:30 PM  
Registration Deadline: 8am on Dec 30

**SUN. FEB 1**  
**STARTER**  
1:00 PM - 3:00 PM  
Registration Deadline: 8am on Jan 29

**SUN. JAN 11**  
**JUDGE OF STROKE**  
9:00 AM - 11:00 AM  
Registration Deadline: 8am on Jan 8

**TUES. FEB 3**  
**INSPECTOR OF TURNS**  
6:30 PM - 8:30 PM  
Registration Deadline: 8am on Jan 29

**WED. JAN 14 & MON. JAN 19**  
**CHIEF JUDGE ELECTRONICS,  
CHIEF RECORDER, & RECORDER**  
6:30 PM - 8:30 PM (both dates)  
Registration Deadline: 8am on Jan 12

**THURS. FEB 5**  
**JUDGE OF STROKE**  
6:30 PM - 8:30 PM  
Registration Deadline: 8am on Feb 2

Officials must complete Intro to Officiating (Timekeeper) and Safety Marshal e-modules prior to any other clinic or e-module

**\*Inspector of Turns must be completed BEFORE Judge of Stroke\***

**LOGIN TO LMS (THROUGH REMS) TO REGISTER**

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### Swimmers of the Month for December

Intro Bronze 1 UofR  
Congratulations Chase



Intro Bronze Lawson  
Congratulations Dravin



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Intro Bronze Plus UofR  
Congratulations Eleanore



Intro Silver UofR  
Congratulations Cypress



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Intro Silver Lawson  
Congratulations Jamie



Intro Gold Lawson  
Congratulations Ameet



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Intro Gold UofR  
Congratulations Khayla



Prospect Silver  
Congratulations Jony



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Prospect Gold  
Congratulations Grammy



Junior Provincial  
Congratulations Amanda



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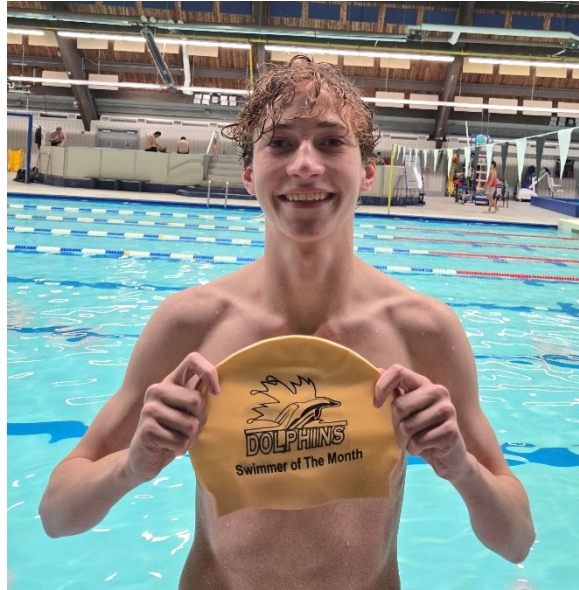




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Junior National  
Congratulations Clark



Elite  
Congratulations Owen



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Cougars  
Congratulations Dylan



## Anna Rondeau Scholarship Applications

Applications are now being accepted for the second round of scholarship awards. Please visit the website for more information and to access the application form

[anna-rondeau-scholarship-application](https://anna-rondeau-scholarship-application.com)



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### Sports Nutrition Seminars with Thomas Hamilton

We had a great turnout of swimmers and parents for the nutrition seminars on January 5. Thanks to all the parents who made time to attend. Please see the following links for presentation information and notes.

[Parent Session Notes](#)

[Performance Nutrition for Swimmers](#)

[Meal Planning](#)



*Performance Nutrition  
for swimmers*



**Thomas Hamilton    HBPE, BSc, RD,**

### Black and Green Meet #2

Our next Black and Green meet is coming up **Friday, February 6** at the UofR pool. This is a great opportunity for our newer swimmers to find out what happens at a swim meet in a fun environment with only swimmers from our team. Its also great racing practice for our more experienced swimmers!

4:30PM - 4:45PM: Activation

4:45PM - 5:15PM: Warm-Up and Team Cheer

5:15PM - 5:30PM: Whistle Protocols

5:30PM - 6:30PM: Races

All Prospect swimmers and Intro swimmers who normally train at the UofR on Fridays are automatically signed up. All Bronze groups and Lawson Intro groups are encouraged to sign up. We would like everyone to be there! Please sign up or decline on the events page to help plan the events.

[Upcoming Events](#)

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Welcome to our new group of swimmers in **INTRO BRONZE 2** at UofR Emma, Zachary, Skye, Maggie, Savannah, Chris, Theo, David and Cindy!

## Fundraising Opportunities

### Fantasyland Bingo

**Bingo** shifts are posted for January 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](#)

### Winter Citrus Fundraiser



Winter citrus fundraiser coming up later this month. Order 20lb boxes of California Oranges and Texas Grapefruit. Fresh off the tree!

More details coming soon.

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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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LEARNING

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