



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/sport.../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



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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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



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



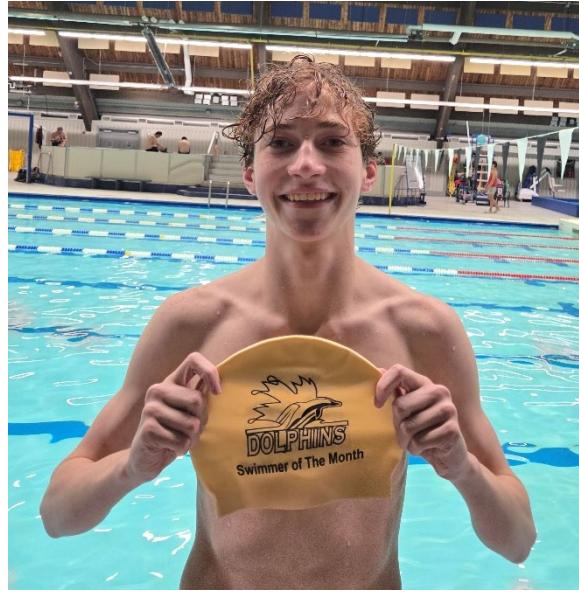
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Junior National
Congratulations Clark



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](#)



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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

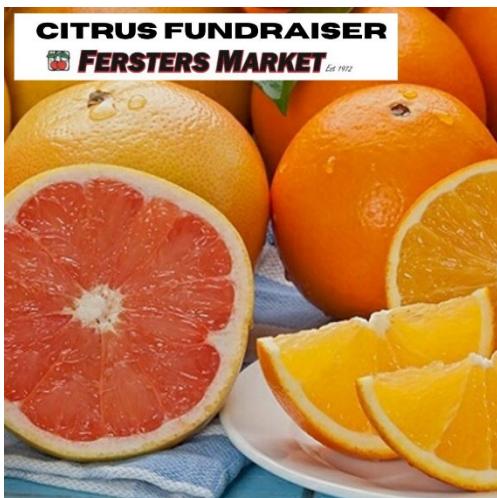
Fantasyland Bingo

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

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AUTOMOTIVE GROUP

 PRAIRIE SKIES
MEDICAL IMAGING



OPEN SKIES | MRI

 SASK LOTTERIES


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

 Paradise
LeisureScapes






WASCANA
FLOWER SHOPPE





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