



TEAM NEWSLETTER

Friday, July 18, 2025

Upcoming Events

2025/26 Season Registration opens – August 1

Speedo Canadian Short-Course Nationals – August 7-10

Fundraising Opportunities

Bingos, Rider games, and the newly added Queen City Exhibition shifts are available for sign up on the events page. Sign up to work shifts and earn fundraising money deposited to your swim account.

[Team Events](#)

Queen City Exhibition 2025

*Sign up to earn approximately \$30/hour at the Queen City Exhibition from July 30th - August 3rd. Our job is to clean-up the exhibition grounds at Evraz and collect as much recycling as possible from the designated areas each day. Workers who sign up will be asked to sweep up garbage, empty garbage barrels and replace them with new garbage bags, transport garbage to the Loraas bins using carts, and empty and sort all the recycling barrels (cans, bottles, tetra, glass) to take to Sarcan. Workers will be provided with plastic gloves, brooms, dust pans, hand sanitizer, and purified drinking water from a water cooler. **Children 13-15 years of age must be accompanied by a parent at all times and no more than one child per parent for each shift is allowed.** Parking and gate entry passes will be provided prior to your first shift. The RODS' coordinator for this event is Scott Adelman. Please contact him at 306-551-3544 for more information.*

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



TEAM NEWSLETTER

Friday, July 18, 2025

ManSask Summer LC Championships

This past weekend the Regina Optimist Dolphins had an incredible weekend at ManSask in Winnipeg. The kids stepped up to the challenge and did amazing. With a total of 34 medals (11 gold, 11 Silver and 12 bronze) the RODS took home one of their highest medal counts. To top off an unbelievable weekend we had two high-point winners - Taylah Fisher high-point winner for 12 and under girls, and Matthew Brough, high-point winner for 16 and over boys as well as Betty Lou Dean Award for highest FINA points.



Thank you so much to our chaperones for making this weekend happen. Thank you also to all of the parents who drove down to Winnipeg to cheer on our team. For the kids that this was their last meet, congratulations on finishing the season fast, and to those kids moving on to Canada Games / Nationals, best of luck!

Coach Mitchell Hebert

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



TEAM NEWSLETTER

Friday, July 18, 2025

2025 Canada Games

Congratulations to our RODS swimmers, as well as our Head Coach, attending Canada Games in St. John's Newfoundland next month. We're proud to have you representing Team Sask as well as our team.

2025 CANADA GAMES

TEAM SASK

SWIMMING

AUSTYN SPILLER	LASER	ALI DIEHL	PASS
CHAYCE FOSTER	SOS	AVERY HOULE	GOLD
FOSTER FOURNEY	GOLD	AVERY UNDERHILL	SOS
JORGE GUTIERREZ CARABIAS	ROD	CASHIS TAYPOTAT	ROD
JOSHUA AUSTIN-KOYL	ROD	CLARA GELHORN	PASS
KIAN WU	GOLD	GILLIAN KIMENS	ROD
LANDON KENNEDY	GOLD	ISABELLA GEORGE	RMAR
LEO ZHENG	MJKFF	JASMINE ROGOZA	ROD
MAXIMILLIAN ZHAO	LASER	MACY HARLOS	ROD
NOAH FINDLAY	GOLD	MARIAH WEBER	GOLD
OLIVER GENEST	GOLD	NICOLE GODBOUT	GOLD
OWEN EISLER	ROD	PIPER LEJBK	GOLD
SCOTT HEINBIGNER	GOLD	RAHIMAY PRIEBE	SOS
SOREN HANSEN	ROD	SARAH BEARE	FS
TATE ZIMMERMAN	SOS	TENLEY ROGINA	ROD

2025 CANADA GAMES

TEAM SASK

SWIMMING

BAYLEE MUNRO	Head Coach
ALEX SCHULTZE	Assistant Coach
EMMA HANCOCK	Assistant Coach
GARY CHEUNG	Assistant Coach
JACKIE POWELL	Special Olympics Coach
JENNIFER ROBINSON	Team Manager
TYLER SERVANT	Special Olympics Assistant

 ST. JOHN'S
2025
JEUX DU
CANADA
GAMES

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



TEAM NEWSLETTER

Friday, July 18, 2025

2025/26 Season Registration

Information for next season **is now available**, including:

- Swimmers' assigned groups for the new season
- Group training schedules
- Competitive calendar for the year (subject to change)

Online registration will open **August 1**.

Please see Registration Information: [Registration Information 2025-26](#)

Information and registration is online at: [Team Registration](#)

2025/26 Home Meets

Mark your calendars! Here are the dates of the RODS-hosted home meets for next season:

RODS Winter Solstice: November 28-30

RODS Winter Classic: January 16-18

Anna Rondeau Challenge: April 24

Michelle Moore Invitational: May 8-10

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



TEAM NEWSLETTER

Friday, July 18, 2025

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



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



TEAM NEWSLETTER

Friday, July 18, 2025

THANK YOU TO OUR TEAM SPONSORS

balloon bar
YQR



Tim Hortons



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