



TEAM NEWSLETTER

Thursday, June 19, 2025

Upcoming Events

Mike Mintenko Summerfest – June 21-22

Season End BBQ – June 25

SAGM and RODS Board of Directors Elections

Thanks to all who attended the Semi-Annual General Meeting (SAGM) and elections on Monday, June 16. Welcome to new and returning board members – Tracy Archer, Jae Bean and Kathleen Eisler. Here are your Board of Directors for the upcoming season:



President: Orenda Pelzer

The club is fortunate to have Orenda Pelzer as incoming President for the 2025/26 and 2026/27 seasons. Orenda is a former RODS swimmer herself and currently swims with the Regina Masters and has two swimmers on the team.

Vice President: Sanela Begic Le

Director of Finance (Treasurer): Abhishek Gupta

Members at Large: Tracy Archer, Jae Bean, Kathleen Eisler, Chris Hansen, Renatta Varma

Past President: Tyler Koyl

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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Committee Volunteers*

Fundraising:

- Rider Games: Scott Adelman
- Bingos: Jeremy King
- Exhibition: Kathleen Eisler

***Note:** Committee volunteers do not need to be members of the board, but they may hold an Executive or Director at Large position.

A very special thank you to our outgoing **Past President, Erin Harlos**, who has spent many years on the RODS Board. She is a tireless volunteer in our organization, provided excellent leadership in her tenure as President, and guided the RODS through a pandemic, hiring of a Head Coach and General Manager, and all other initiatives and issues we tackle on a daily basis.

Fundraising Opportunities

Bingos and Rider games 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](#)

Season Wind Up BBQ

Candy Cane Park (501 - 19th Ave, adjacent to the Science Centre entrance)

Wednesday, June 25, 530PM-730PM

We will be cooking up burgers and hot dogs (also veggie). Please bring lawn chairs and a salad or dessert to share.

Please sign up if you are attending to help us plan.

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ManSask Summer LC Championships

Location: PanAm Pool, Winnipeg MB

Date: July 10-13, 2025

Hotel: Hampton Inn by Hilton Winnipeg Airport/Polo Park

Bus Travel: depart Lawson Thursday 830AM return Monday early afternoon

Team supper Sunday night, Boston Pizza

Chaperones: Jaclyn Tan, Caiqing Feng

**SUMMER
SWIM
CAMP**

- Swim training with our team coaches in the new Wascana outdoor pool
- Dryland exercises, fun outdoor activities and games
- \$150 per week
- Ages 6-12
- July 7-11, July 14-18, ~~July 21-25,~~ **FULL** July 28-Aug 1 (8AM-12 Noon)

JOIN US FOR THE MOST FUN AT WASCANA PARK THIS SUMMER!

www.reginadolphins.com
306-586-3909

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2025/26 Season Registration

Information for next season will be coming out by July 18, including

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

Registration will open August 1.

2025/26 Home Meets

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

Winter Solstice: November 28-30

Winter Classic: January 16-18

Anna Rondeau Challenge: April 17

Michelle Moore Invitational: May 8-10

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ARMSTRONG
S W I M M I N G

Armstrong Swimming Presents

Season Kick Start Camp

Building Confidence in Every Stroke

- ✓ 5 Days of Technique Video Analysis
- ✓ Technique, Skills & Speed
- ✓ 1:4 Coach to Swimmer Ratio

Register Now!

Website 
www.armstrongswimming.ca

August 25 - 29, 2025
8:30 - 11:00 AM
Shaw Centre
Saskatoon, SK

\$450 + GST



STEVEN HITCHINGS
HEAD COACH
SASKATOON GOLDFINS
SWIM CLUB



JENNIFER J.E. ROBINSON
HEAD DEVELOPMENT COACH
SASKATOON GOLDFINS
SWIM CLUB

The Armstrong Swimming Season Kickstart Video Camp at the Shaw Centre from August 25th to 29th will be led by Steven Hitchings and Jennifer Robinson. The camp will run from 8:30-11am each day, with 30min of dryland/pre-pool and 2hrs in the water. Through the use of underwater video systems we will show the swimmers their areas of improvement and teach them how to make changes. There will be a 12 and over AA group and a 13 and under A group. www.armstrongswimming.com

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THANK YOU TO OUR TEAM SPONSORS



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MEDICAL IMAGING



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

Engelheim 

WESTJET 



Downtowners
OPTIMIST CLUB

AIR CANADA 

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THANK YOU TO OUR TEAM SPONSORS

balloon bar
YQR



Tim Hortons



VANCHA
AV INNOVATIONS

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