



WEEKLY NEWSLETTER

Friday, March 14, 2025

Upcoming Events

Marlins Spring IceBreaker – March 29

Lasers Bridge City Spring Classic – April 10-13

2025 Saskatchewan Open Short Course Junior Provincials

Congratulations to all swimmers attending and winning medals at the Junior Provincials.

Special mention goes to swimmers winning top improvement point awards.

Alba Phillips – 1st place 11&12 girls with 43 points

Adele Oldford – 3rd place 13&over girls with 25 points

Ander Gutierrez Carabias – 1st place 11&under boys with 48 points



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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ManSask Provincial Championships

This past weekend the RODS hosted the 2025 Short Course ManSask Provincial Swimming Championships. There were over 300 of the top swimmers from Saskatchewan and Manitoba at the meet who competed over 7 sessions. A meet of this size and level requires “all-hands on deck” for not only the days of competition but for months before to plan all of the extras. It was a true team effort and I would like to pass along a huge thank you to all of the RODS members who contributed to its success. A special thank you to those RODS/Cougars officials who helped out even though they didn’t have a swimmer competing in the meet: Mordecai and Zvanaka Mazhandu, Leona Stephen, Sheila Stephen, Marianne Zamonsky, Roberta Kotowich, Abhishek Gupta, Mitchell Brough and Shenda Stewart. Also, a note of thanks to the Regina Masters Swim Club who had 6 of their members help us out with officiating. It is team-work like this that make the RODS such a fantastic club to belong to. We should all be proud of the exceptional event we were able to put on.

Orenda Pelzer

RODS Vice-President and Meet Manager

Congratulations to:

TAYLAH FISHER winner of Saskatchewan Provincial High Point Age Group Award for 12 & under girls as well as Overall Individual High Point Award for 12 & under girls

TENLEY ROGINA winner of Saskatchewan Provincial High Point Age Group Award for 13&14 girls



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February Swimmers of the Month

Intro to Competitive Bronze
Congratulations William!



Intro to Competitive Bronze Plus
Congratulations Simian!



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Intro to Competitive Silver Cougars
Congratulations Julia!



Intro to Competitive Silver RODS
Congratulations Ameet!



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Intro to Competitive Gold Cougars
Congratulations Peter!



Recreational
Congratulations Georgia!



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Prospect
Congratulations Sydney!



Junior Provincial
Congratulations Sasha!



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Junior National
Congratulations Mateo!



Elite
Congratulations Sadie!



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Cougars
Congratulations Jacob!



RODS Online 50/50 Cash Raffle

Purchase your tickets to support the team and help our RODS swimmers achieve their goals! The draw will be made on Sunday, May 11 at the Michelle Moore Invitational meet. Please share with your family and friends. Current total is \$1525.00!

<https://www.rafflebox.ca/raffle/rods>



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Marlins Spring IceBreaker

The Regina Marlins are excited to host the next Regina swim competition on **Saturday, March 29** and would love to have some extra volunteers as officials. Please sign up using the link below.

<https://www.signupgenius.com/go/10C0E4BA4A62CA4FCC52-55604378-spring#/>

Regina Masters Swim Club

The Regina Masters Swim Club is looking for volunteers for their swim meet on **Sunday, March 30**. The session times are 8:00-12:00 and 12:15-3:30. It is a very fun, relaxed environment and a good way to get sign-offs for positions. The Masters swimmers have often helped out at our meets so if any parents are available to help out, even just for 1 session it would be very much appreciated.

Please contact Sarah (ericksonrea@hotmail.com) or Doug (douglas.farenick@gmail.com) if you are able to help out.

Lasers Bridge City Spring Classic

April 10-13

Shaw Centre, Saskatoon

Bus Travel – depart Thursday 12noon return Sunday afternoon.

Hotel: Hampton Inn Airport

Groups: Prospect, Junior Prov, Junior Nat, Elite (A time required)

Six sessions, heats and finals and timed finals. Long course.

Chaperones: Marianne Z and Jae B

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Anna Rondeau Challenge

The date for the Anna Rondeau Challenge has been moved away from the Easter break. The new date will be **Sunday, June 8** at the Lawson Aquatic Centre.

Swim Sask Distance Camp

Congratulations to our RODS swimmers being selected for the Swim Sask Distance Camp to be held in Saskatoon on March 22

Gillian Kimens - Macy Harlos - Nathaniel Pelzer - Owen Eisler

SK
Swim Saskatchewan
DISTANCE CAMP

Clara Gelhorn	PASS
Gillian Kimens	ROD
Isabel Magus	GOLD
Landon Kennedy	GOLD
Macy Harlos	ROD
Maximillian Zhao	LASER
Nathaniel Pelzer	ROD
Noah Findlay	GOLD
Owen Eisler	ROD
Piper Lejbak	GOLD
Sami Benning	GOLD
Scott Heinbigner	GOLD
Sophia Klawitter	GOLD

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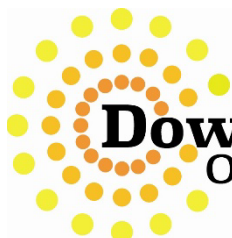
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REGINA RETINA CENTRE
Dr. Renatta Varma, MD, FRCS
Eye Physician & Surgeon



Downtowners
OPTIMIST CLUB



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balloon bar
YQR



Tim Hortons



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