



TEAM NEWSLETTER

Saturday, May 24, 2025

Upcoming Events

CSI Calgary – May 29-June 1

Regina Racing Series #2 – June 7

Anna Rondeau Memorial Challenge – June 8

SAGM – June 16

Swim Sask Junior Development Camp

Congratulations RODS swimmers **Clark Eisler, Neven Le, Taylah Fisher** and **Tryg Hansen** for being selected to attend the Junior Development Camp on May 25 in Regina.

2025 Junior Development Camp
MAY 25 - REGINA

Abigail Gauld - GOLD	Kate Klemmer - FS
Adam Lazurko - MJKFF	Mateo Jarcan - GOLD
Aiden Sereda-Wosminity - GOLD	Miller Gotto - GOLD
Aliyah Aubut - GOLD	Molly Kozak - YSSC
Ava Gursky - GOLD	Naomi Liu - GOLD
Benjamin Nesteroff - GOLD	Neven Le - ROD
Binh An Nguyen - GOLD	Oliver Wruck - GOLD
Clark Eisler - ROD	Phillip Shorte - GOLD
Daniel Fang - FS	Sidney Goodwin - GOLD
Emmy Hoffmann - GOLD	Sofia Baron - GOLD
Ethan Zbytovsky - GOLD	Taylah Fisher - ROD
Etta Cochrane - RMAR	Tryg Hansen - ROD
Farrah Aitken - GOLD	Will Sothilingam - GOLD
Gillian Grayston - GOLD	Xinhao Lin - GOLD
Harper Bear - GOLD	Zhiwei He - RMAR
Holli Filson - SCB	Zoe Catral - PASS
Jade Church - FS	

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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Lululemon Team Order

Order Lululemon items at a 25% team discount. Use the following form to send in your order.

[Order Form](#)



Josh Austin-Koyl qualifies for Canadian Trials with a 2:10.46 200 Fly LC at the Mel Zajac Jr International. Congratulations!



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Regina Racing Series #2

Location: Lawson Aquatic Centre – **Saturday, June 7**

Warmups 3PM, Racing starts 4PM

All Intro to Competitive swimmers are encouraged to sign up. 25M and 50M races

There are entry fees for this sanctioned event.

[Regina Dolphins Swim Team - Events](#)

Anna Rondeau Memorial Challenge

Location: Lawson Aquatic Centre – **Sunday, June 8**

Warm ups 400PM, Racing Starts at 510PM. Meal to follow.

In memory of Anna Rondeau, swimmers will participate in the Challenge: 200 fly, 400IM and 1500 free or Mini-Challenge: 100 fly, 200IM and 400 free

This is a fundraiser for the Anna Rondeau Scholarship Fund. Entry is \$50 for the three events, an Anna swim cap and a meal afterwards.



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[Anna Rondeau GoFundMe](#)

Anna Rondeau, at the tender age of 12, tragically left this world in March of 2018. Anna was a passionate and talented swimmer who was an enthusiastic and inclusive member of the Regina Optimist Dolphins Swim Team. Anna loved the pool and her team mates.

Each year, the RODS raise money for the Anna Rondeau Memorial Scholarship in memory of our team mate. Donation in her memory provide financial assistance so that more children can participate in the sport of swimming that Anna loved. Anna had Olympic dreams; this scholarship will assist new and current athletes to pursue their own dreams

Mike Mintenko Summerfest

Location: Phyllis Dewar outdoor pool, Moose Jaw

Date: June 21-22, 2025

Groups: Junior and Prospect swimmers are signed up. All Intro to Competitive swimmers are encouraged to sign up (no qualifying times). **Sign Up/Decline Deadline: June 1**

Travel: self travel, carpool

		Warm-up Start	Warm-up End	Competition Start
Session #1	Saturday JUNE 21	9:00AM	9:50AM	10:00AM
Session #2	Sunday JUNE 22	9:00AM	9:50AM	10:00 AM

There will be a lunch break on Saturday. Every effort will be made to accommodate at least an hour for this.

[Upcoming Events](#)

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Notice of SAGM

Date: Monday, June 16, 2025 @ 7:00PM

Location: Lawson Classroom 2

The objectives of this meeting are as follows:

- Presentation of the operating budget for 2025-26 season.
- Adoption of any Handbook updates (including meet and fee surcharge updates) for 2025-2026
- Election of open Board positions for the 2025–2027 seasons (nominations are open)

Agenda:

1. Call to order & opening remarks - (Tyler Koyl, President)
2. Adoption of Agenda
3. Adoption of the [2024 AGM minutes](#)
4. President's Report
5. Treasurer's Report - adoption of the 2025-2026 budget – (Abhi Gupta, Treasurer)
6. Adoption of Handbook Changes (including Meet and Fee surcharges) 2025-2026
7. New Business
8. Election of Officers
9. Adjournment

Election of Officers:

The following positions (in yellow) are open for nominations:

- **President:** outgoing Tyler Koyl, nominees: must have 2 years prior board experience
- **Vice President:** Orenda Pelzer
- **Director of Finance (Treasurer):** Abhi Gupta
- **Director of Admin:** Julia Dickinson
- **Director of Sponsorship and Special Events:** Sanela Begic Le
- **Directors at Large:** Chris Hansen, Renatta Varma
- **Past President:** Erin Harlos

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Fundraising Opportunities

Bingos have been added to the events page for June, July and August. Sign-up for bingo shifts at Fantasyland Bingo at 2029 Park Street and you will earn \$14 per hour towards your swim account.

[Team Events](#)

Rider Games

9 Rider Games from June 5 - October 25

Sign up to run a cash register and sell beer at the North West 100 bar at Mosaic Stadium. People who sign up for this event must be at least 19 years of age, must speak English well, and must complete the *Special Occasion Responsible Service of Alcohol* online course which is required in Saskatchewan for all people who serve alcohol. Go to stec.skillbuilder.co to access the online course. Normally, the site will charge \$30 to take the course, but if you type in the code VOLUNTEER, you won't be charged anything. Print a copy of the certificate as soon as you complete the course and keep it on your phone in case you get asked to show your validation. Email a copy to scott_adelman@hotmail.com. The certificate is good for 5 years.

Typically, we work 2 hours before kick-off and 2.5 hours after kick-off. Workers are paid at the end of the football season. Each game pays approximately \$85 plus tips. Tip money will be divided and distributed differently this year. The Dolphins will receive a cheque at the end of the season for all digital tip money earned throughout the season. Tip money will be divided evenly amongst all workers for each specific date worked. Tips will then be deposited into your swim account. Cash tips will be distributed evenly amongst the workers at the end of each game.

Families are only allowed to sign up initially for a total of 4 shifts, and each family can also sign up as a substitute for 2 shifts. This will ensure that everyone has had the opportunity to sign up for Rider games and earn fundraising credits to their swim accounts. If there are any positions left vacant after the sign-up deadline, members will be allowed to sign up for additional shifts, including the substitute positions as well. The Rider Game Coordinator may sign up for additional shifts initially, to ensure that there is consistency and accuracy at the work site. All complaints and distribution of communication are handled by the Rider Game Coordinator.

Contact Scott Adelman, our Rider Game Coordinator, at scott_adelman@hotmail.com if you are interested in working any games this year.

Rider games will be released to our members for sign-up on Monday, May 26th at 9:00 pm.

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Summer Camps

Summer Camp Registration is now open!

[Regina Optimist Dolphin Swim Team - Summer Camp](#)



**SUMMER
SWIM
CAMP**

- Weekly half day summer camps
- Wascana Outdoor Pool
- 8AM-12 noon
- July 7-11, July 14-18, July 21-25, July 28-Aug 1
- Registration opens 8AM Saturday, May 24

www.reginadolphins.com
306-586-3909



**SUMMER
SWIM
CAMP**

- Swim training with our team coaches
- Dryland exercises, fun outdoor activities and games
- \$150 per week
- Ages 6-12

www.reginadolphins.com
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**JOIN US FOR THE
MOST FUN AT
WASCANA PARK
THIS SUMMER!**

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THANK YOU TO OUR TEAM SPONSORS



PRAIRIE SKIES
MEDICAL IMAGING



SASK LOTTERIES

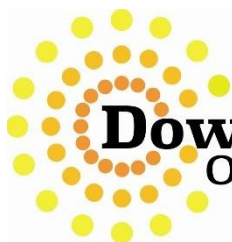
OPEN  SKIES | MRI



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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