



# TEAM NEWSLETTER

## Friday, May 9, 2025

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### Upcoming Events

Michelle Moore Invitational – May 9-11

Black and Green Meet #3 – May 23

CSI Calgary – May 29-June 1

### Michelle Moore Swim Meet

A big thank you to our meet sponsor – Young's Equipment.

Good luck to our 88 RODS swimmers competing at the Michelle Moore meet this weekend!

[Weekend Itinerary](#)



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](mailto:office@reginadolphins.com) Phone: 306-586-3909



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### April Swimmers of the Month

Intro to Competitive Bronze  
Congratulations Chase



Intro to Competitive Bronze Plus  
Congratulations Victoria



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Intro to Competitive Silver Cougars  
Congratulations Sophia



Intro to Competitive Gold Cougars  
Congratulations Jony



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Intro to Competitive Silver RODS  
Congratulations Samantha



Recreational  
Congratulations Ale



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Prospect  
Congratulations Alen



Junior Provincial  
Congratulations Alba



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Junior National  
Congratulations Gillian



Elite  
Congratulations Ava



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### Black and Green Meet #3

UofR - May 23

Prospect and all Intro Groups (please confirm attendance)

A fun mini-meet just for RODS swimmers at the UofR pool - 430-630PM

[Regina Dolphins Swim Team - Events](#)

### Schedule Change May 12

All Intro to Competitive swimmers at the University please read your May schedules and included information. The University pool is unavailable on **May 5** and **May 12** after 530PM. All practices are moved to 415-530PM or 430-530PM on these dates.

[Training schedules](#)

**Chaperones are still needed for  
ManSask Summer LC Championships  
July 10-13 at PanAm pool in Winnipeg MB**

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### Fundraising Opportunities

Bingos have been added to the events page for June, July and August. Check your calendars and see when you are available. Sign-up for the new bingos will open **Monday, May 12 at 7PM**. Bingo shifts are at Fantasyland Bingo at 2029 Park Street and you will earn \$14 per hour towards your swim account.

[Team Events](#)

### RODS Online 50/50 Cash Raffle

The draw will be made this Sunday, May 11 at the Michelle Moore meet! Current total is **\$2135.00!**

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



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## THANK YOU TO OUR TEAM SPONSORS



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Dr. Renatta Varma, MD, FRCS  
Eye Physician & Surgeon



Downtowners  
OPTIMIST CLUB



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**balloon bar**  
YQR



*Tim Hortons*



**VANCHA**  
AV INNOVATIONS

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