



TEAM NEWSLETTER

November 21, 2025

Upcoming Events

Winter Solstice Swim Meet – November 29-30

AGM – December 1

South Sask Racing Series #2 – December 6

RODS Winter Solstice Swim Meet

Saturday, November 29 - Sunday, November 30

Meet information will be sent out to participants next week.

This is a RODS-hosted event and participating swimmers in Prospect and higher groups must have a parent officiating at 2 of the sessions. Sign-up today if you have not already. If there are Intro or Cougars parents available to help it would be greatly appreciated. Please see the following page for information on how to get started and available online E-modules.

[EVENTS PAGE LINK](#)

South Sask Racing Series #2

Location: Lawson Aquatic Centre

Date: Saturday, December 6, 2025 (8AM-1PM)

Groups: All Intro to Competitive Groups, Prospect Gold, Silver and Part-Time

Swimmers with an "AA" time are not permitted to enter.

All Intro to Competitive swimmers are encouraged to attend. There are entry fees to compete in this sanctioned event. **Sign Up Deadline Tuesday, Nov 25**

Please sign up to help officiate:

<https://www.signupgenius.com/go/9040545A5AC2FA7F94-60119125-saskatchewan#/>



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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Getting Started as an Official

Please visit the Swim Sask website: [how-to-get-started](#)

Here, returning officials can register for the 2025/26 season. If you do not have an officials account yet please email our Officials Co-ordinator Tracey at Traydi82@gmail.com

Once you are a registered Active Official, you can sign up to take clinics or e-modules through the Swimming Canada Learning Management System (LMS). To access the LMS, click "Login to LMS" on your REMS home screen. Once logged into the LMS, select "Status" or "Clinics" at the top of the screen to find the list of courses.

The first 2 clinics that an Official must take are:

Intro to Swimming Officiating (Timekeeper)

Safety Marshal

These courses are both self-guided online e-modules and it will take approximately 60-90 minutes to complete both. Once you have completed these requirements, you are considered a Level 1 'Red Pin' Official. See the [Swimming Canada Certification Pathway for Officials](#) for more information.

There are Level 2 courses also available online as an e-module

Chief Timekeeper

Administration Desk

[E-Modules and Clinics](#)

**A second chaperone is needed for the Prairie Winter International (PWI)
in Winnipeg December 11-14. Please contact the office if you are available.**

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Notice of Annual General Meeting (AGM) - Monday Dec 1, 2025 - 7:00pm

The main objective of this meeting will be to review and approve the year-end financial statement. Any additions to the agenda can be made at the meeting.

Time: 7:00-8:30pm

Location: Classroom 2, Fieldhouse

Please review these documents prior to the meeting:

- [Agenda](#)
- [Minutes from June 2025 SAGM](#)
- [RODS year-End Financial Statement Aug 31, 2025](#)
- President's Report
- Head Coach Report and Presentation

Team Travel Swim Meets

Parents new to swimming or new to our team, please review the document below for information about team travel to away meets with the RODS.

[Team-travel-to-swim-meets-with-the-RODS](#)



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Updated 2025/26 Competitive Calendar

Please review the updated calendar with current changes

[RODS Competitive Calendar Link](#)

New Meet – Best of the West Fest

Exciting news, the Western provinces are excited to launch the **Best of the West Fest**, an annual gathering that unites the West and offers athletes a high-quality competitive opportunity. **April 23-26, 2026**. Review preliminary information here ➡ [Prelim Meet Info](#)

Team Suits Available

Boys Speedo Jammers Size 22 and 24

Contact the office

Team Hoodies Christmas Order

For anyone who missed ordering a team hoodie this fall we will be placing a new order November 28 with delivery before Christmas. Price is \$55 including name on the back. Please check [sizing charts](#) and order by emailing the office. office@reginadolphins.com



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Fundraising

New Bingo shifts are posted for December through February. Bingo shifts are at Fantasyland Bingo at 2029 Park Street, and you will earn \$14 per hour towards your swim account.



1. Children 12-15 years of age must be accompanied by an adult and children under 12 are not allowed on the floor. (The bingo hall requires all workers to be 12 and older, people under the age of 16 cannot sell seal tickets. We need 2 people on the floor to sell seal tickets).
2. When signing up as an alternate, please leave the name of the person working and the number where they can be reached in the contact information.
3. Remember all money earned at Bingos goes directly to your swimming account and money cannot be taken out of your account as per the SLGA agreement.

[Team Events Link](#)

Christmas Gift Card Fundraiser

The FundScrip Gift Card fundraiser will be open until Friday, November 28 at 5PM. Purchase for gifts, or to use yourself. Payment by e transfer to:

payment@reginadolphins.com. **Payments must be submitted by November 28.**

Gift cards will be delivered before December 15 and distributed in time for Christmas.



<https://ordering.fundscrip.com/6Y872M>

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THANK YOU TO OUR TEAM SPONSORS
FOR THE 2025/26 SEASON



PRAIRIE SKIES
MEDICAL IMAGING



OPEN  SKIES | MRI



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



Engelheim 



balloon bar
YQR



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SaskTel 

 **REGINA**

speedo 

 **OXFORD**
LEARNING

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