



# TEAM NEWSLETTER

## November 7, 2025

### Upcoming Events

Black and Green Meet #1 – November 7

Winter Solstice Swim Meet – November 29-30

AGM – December 1

South Sask Racing Series #2 – December 6

### Spooktacular Goldfins Invitational

For some more medals photos from the Goldfins

[CLICK HERE](#)

### RODS Winter Solstice Swim Meet

**Location:** Lawson Aquatic Centre

**Groups:** All Intro to Competitive Groups, Prospect, Junior Provincial, Junior National, Elite

**Dates:** Saturday, November 29 - Sunday, November 30

***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 is OPEN.***

All Intro swimmers are welcome to attend this developmental meet. Sign up is on the SE Motion App or on the website Events Page. There are entry fees to attend this sanctioned event.

[EVENTS PAGE LINK](#)

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

Regina Optimist Dolphins Swim Team  
Mailing Address: 355-4246 Albert Street, Regina SK S4S 3R9  
Office Address: 1717 Elphinstone Street, Regina  
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### 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. Please sign up to help officiate:

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

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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

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**JUNIOR DEVELOPMENT**

**CAMP**



- FARRAH AITKEN: GOLD
- ALIYAH AUBUT: GOLD
- SOFIA BARON: GOLD
- ZOE CATRAL: PASS
- JADE CHURCH: FS
- BERLIN CORNEA: ROD
- DANIEL FANG: FS
- TAYLAH FISHER: ROD
- ABIGAIL GAULD: GOLD
- MILLER GOTTO: GOLD
- GILLIAN GRAYSTON: GOLD
- ZOE GURSKY: GOLD
- FERRAN GUTIERREZ CARABIAS: ROD
- TRYG HANSEN: ROD
- ZHIWEI HE: RMAR
- EMMY HOFFMANN: GOLD
- ELIZABETH HUNT: MJKFF
- NEVEN LE: ROD
- ANNELIE LODEN: MRSC
- MINA METRY: ROD
- BINH AN NGUYEN: GOLD
- CHASEN WEBER: GOLD
- DAKOTA WIGNESS: GOLD
- OLIVER WRUCK: GOLD
- COHEN ZAMONSKY: ROD

**Congratulations to our RODS swimmers attending the Swim Sask Junior Development Camp in Saskatoon this weekend!**

### **Team Suits Available**

**Boys Speedo Jammer Size 22 and 26**

**Girls Speedo Suit Size 26 and 32**

**Contact the office**

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### Swimmers of the Month for October

Intro Bronze UofR  
Congratulations Geneva



Intro Bronze Lawson  
Congratulations John



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Intro Bronze Plus UofR  
Congratulations Primrose



Intro Silver UofR  
Congratulations Bryden



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Intro Silver Lawson  
Congratulations Aaradhya



Intro Gold Lawson  
Congratulations Wynne



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Intro Gold UofR  
Congratulations Sam



Prospect Silver  
Congratulations Samantha



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Prospect Gold  
Congratulations Emmy



Junior Provincial  
Congratulations Daniel



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Junior National  
Congratulations Natalie



Elite  
Congratulations Soren



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Cougars  
Congratulations Alex



Good luck Cougars swimmers who are competing at College Cup held at UBC this weekend!



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### Fundraising

**New Bingo** shifts are posted for December through February. Sign up will open for sign up on November 10 at 7pm. Bingo shifts are at Fantasyland Bingo at 2029 Park Street, and you will earn \$14 per hour towards your swim account.



RODS families may sign up for two full dates the first week beginning November 10 and then may sign up for any three spots after November 17. Cougars families may sign up for shifts beginning November 17.

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

We're excited to launch our FundScrip Gift Card fundraiser today! Each purchase earns you fundraising money to your swim account. Use cards for your own personal shopping or to give as gifts. The fundraiser is now open and ordering will be open until Friday, November 28 at 5PM. Payment by e transfer to: [payment@reginadolphins.com](mailto:payment@reginadolphins.com)  
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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**LEARNING**

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