



WEEKLY NEWSLETTER

Friday, November 1, 2024

Upcoming Events

Black and Green Meet – November 8
Wine Tasting Event – November 16
AGM – November 18
Lasers Meet – November 23-24
Winter Solstice Meet – November 30-December 1

Good luck to all our swimmers attending Goldfins Invitational in Saskatoon and College Cup in Vancouver this weekend!

Black and Green Meet 1

Friday, November 8, 2024

4:30-6:30 PM

University of Regina

Groups: Prospect and All Intro Groups (please decline if you are unable to attend)

Coaches Rick and Jordan will host the first Black and Green meet of the season for all swimmers in all Intro Groups and Prospect. Please be on deck by 4:30PM.

4:30 - 4:45 PM: Activation

4:45 - 5:15 PM: Warm - Up

5:15 - 5:30 PM: Whistle Protocols

5:30 - 6:30 PM: Races

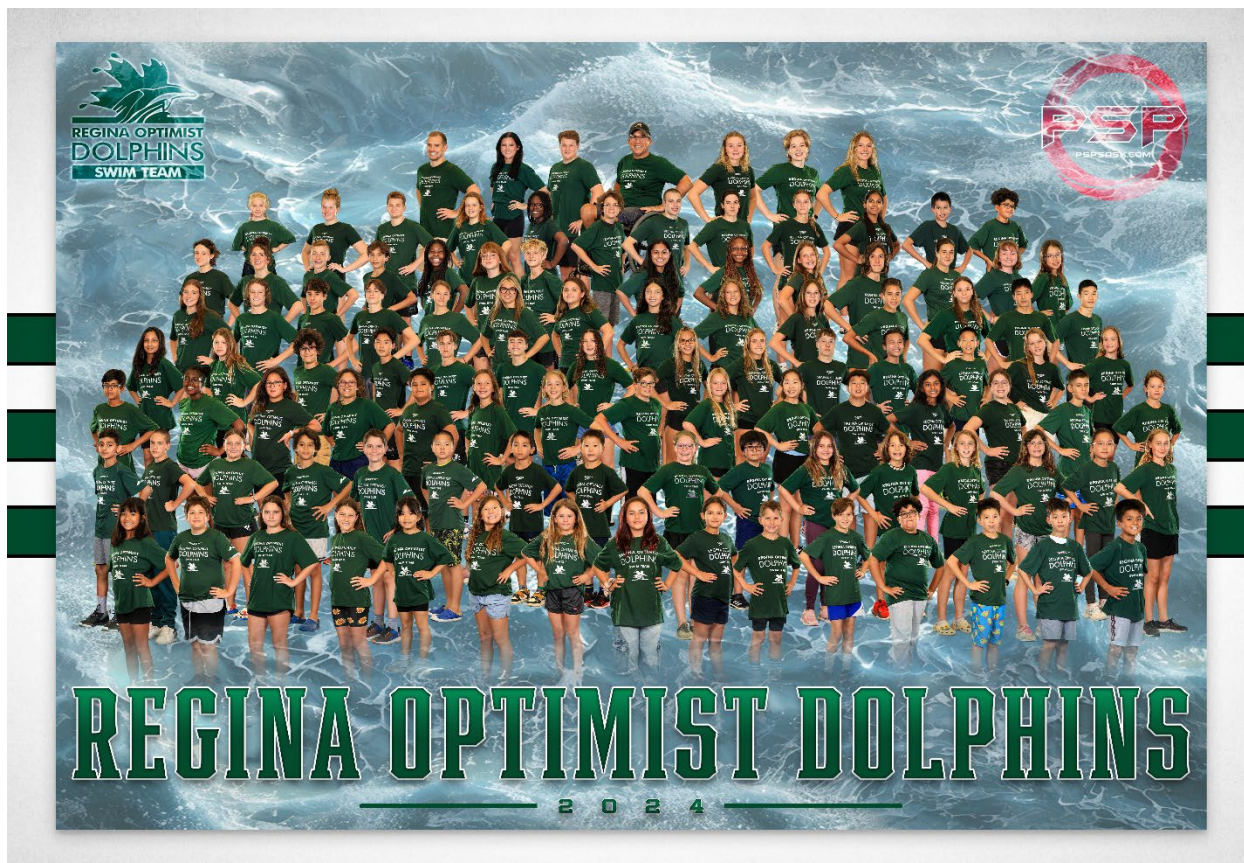
[calendar-team-events page](#)

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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Thanks to Piper Sports Photography for our new team photos.

Team Public Relations Volunteer

The team is looking for a PR volunteer to help get our team more recognition in the media. If you have media contacts or would be interested in helping the team in this area, please email the office!

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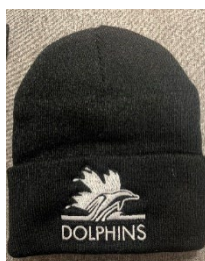


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Team Gear

- Team shirts are restocked in all sizes and are available at the Lawson office.
- New equipment bags have been ordered and should be arriving next week.
- We have one team suit available: Girls size 24
- Dolphins toques are available in time for the winter weather at the Lawson office (\$20)



As requested, we can do another hoodie order before Christmas. The total cost is \$55. Please see the following sizing information and email your order to the office with colour, size and name by November 15. Sizing hoodies are also available to try on at the Lawson office.

Team back packs and swim parkas embroidered with the team logo, and team suits can be ordered from the LySports store, as well as any equipment your swimmer may need.

[lysports-team-store](https://www.lysports.com/team-store)

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Gildan Hoodie Adult Sizing Chart

Description	Specs								
	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Body Length	27	28	29	30	31	32	33	34	
Body Length Tolerance	+/-1	+/-1	+/-1	+/-1	+/-1	+/-1	+/-1	+/-1	+/-1
Chest Tolerance	+/-1	+/-1	+/-1	+/-1	+/-1	+/-1	+/-1	+/-1	+/-1
Chest Width (Laid Flat)	20	22	24	26	28	30	32	34	
Sleeve Length (From Center Back)	33 1/2	34 1/2	35 1/2	36 1/2	37 1/2	38 1/2	39 1/2	40 1/2	
Sleeve Tolerance	+/- 3/4	+/- 3/4	+/- 3/4	+/- 3/4	+/- 3/4	+/- 3/4	+/- 3/4	+/- 3/4	+/- 3/4

Gildan Hoodie Youth Sizing Chart

Description	Specs				
	XS	S	M	L	XL
Body Length	19 3/4	21 1/4	22 1/2	24	25 1/2
Body Length Tolerance	+/- 1	+/- 1	+/- 1	+/- 1	+/- 1
Chest Tolerance	+/- 1	+/- 1	+/- 1	+/- 1	+/- 1
Chest Width (Laid Flat)	16	17	18	19	20
Numerical Sizes	6-8	10-12	14-16	18-20	22-24
Sleeve Length (From Center Back)	23 1/2	26 1/2	27 3/4	30 1/4	33
Sleeve Tolerance	+/- 1	+/- 1	+/- 1	+/- 1	+/- 1

Available in black or forest green with white logo and white name on the lower back





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Wine Tasting Event

Our first team wine tasting event is booked at the RCMP Depot, General Mess on Saturday, November 16. Wine tasting provided by Metro Liquor and appetizer stations hosted by Chop Steakhouse. To order tickets please email the office at office@reginadolphins.com and provide names for each ticket. Payment can be e-transfered to payment@reginadolphins.com. This is a 19+ event only. There will be non-alcoholic wine also available.

This is sure to be a wonderful evening. Enjoy a chance to socialize and new families have the opportunity to meet others in our Dolphin family.



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Thank you Becky Wiens for photographing our Awards Gala.



Volunteer of the Year Award

Thank you Kathleen Eisler in appreciation for all your hard work and dedication to our team.

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Notice of AGM

7PM, Monday, November 18

Classroom 1, Regina Fieldhouse

Plan to attend the AGM to review the year end financial statement and hear from our President and Head Coach

Upcoming Swim Meets

Lasers Short Course Meet

Date: November 24, 2024

Location: Shaw Centre, Saskatoon

Groups: Prospect, Intro to Competitive, any Junior/Junior Nat/Elite swimmers who aren't able to attend Goldfins, or choose to attend both. Sign up for entries is still available until **Nov 3**

Self Travel:

Hotel: Home Inn, 235 Willis Cres, Saskatoon (team block cutoff was October 23)

Coaches: Coach Mitchell and Coach Rick

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Winter Solstice Meet

Date: Saturday, November 30 - Sunday, December 1

Location: Lawson Aquatic Centre, Regina

Groups: all groups, deadline to decline or for Intro to Competitive to sign up is **Nov 15**

Prairie Winter Invitational

This is a Qualification Meet, times are posted on the event sign-up

Date: Thursday, December 5 – Sunday, December 8

Location: PanAm Pool, Winnipeg

Hotel: Hampton Inn Airport (a few parent rooms may be available in our block)

Bus travel: depart Lawson 8:00 AM Thursday December 5, return late Sunday night

Coaches: Coach Baylee, Coach Mitchell, Coach Makenzy

Chaperones: Kathleen Eisler, Giselle Carabias

Groups: Elite, Junior Advanced, Junior, Prospect (**Must have a QT time**) **decline date is Nov 4**

[team events - upcoming](#)

Canada Games Selection Criteria

See the following document with the information for team selection.

[Athlete Selection Criteria](#)

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Supporting the New Indoor Aquatic Facility

[Read the go-swim-regina-media-release-october-30](#)

Hi everyone. Advance polls open today in Regina. **Please get your community out to vote!** Please share the media release or parts thereof with your friends and family and get them to share it. Share it on social media or via email. We've posted lots on Friends of Wascana Facebook page that you can view and share. More to come there with daily updates. Write letters to the editor in the LeaderPost. Contact your candidates and express your concern. Let them know we care. We are 2,000+ strong in Regina and we can make a difference!

The Go Swim Regina team has surveyed all candidates that have publicly available contact information. Some candidates have not responded. We've called some, emailed some, met them canvassing or putting up lawn signs and discussed our concerns. We've reviewed platforms on websites. While some candidates are supportive, there is often a "but" afterwards related to cost, tax increase or infrastructure priorities. We've narrowed down the candidates who have indicated their unwavering support for the IAF plan as it stands today. These are the people that need our support so that they can support us. They are:

- Mayor - Bill Pratt and Sandra Masters
- Ward 1 - Dan Rashovich, Jessica Morris and Joanne Crawford
- Ward 2 - Andre Magnan and Bob Hawkins
- Ward 3 - David Froh
- Ward 4 - Glen Geiger and Mark Burton
- Ward 5 - Grant Jakubowski and Sarah Turnbull
- Ward 6 - Victoria Flores
- Ward 7 - Terina Nelson
- Ward 8 - Cory Terry and Shanon Zachidniak
- Ward 9 - Jason Mancinelli and Reid Hill
- Ward 10 - Chris Simmie

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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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balloon bar
YQR



Tim Hortons

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