



# WEEKLY NEWSLETTER

## Friday, November 8, 2024

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### Upcoming Events

Black and Green Meet – November 8

AGM – November 18

Lasers Meet – November 23-24

Winter Solstice Meet – November 30-December 1

### Black and Green Meet 1

**Friday, November 8, 2024**

4:30-6:30 PM

University of Regina

Groups: Prospect and All Intro Groups

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

**Regina Optimist Dolphins Swim Team**  
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### October Swimmers of the Month

Intro to Competitive Bronze Cougars – Congratulations Antonio!



Intro to Competitive Silver Cougars – Congratulations Abigail!



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Intro to Competitive Silver RODS - Congratulations Wynne!



Intro to Competitive Gold Cougars - Congratulations Henry!



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Recreational – Congratulations Ale!



Prospect - Congratulations Berlin!



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Junior Provincial - Congratulations Neven!



Junior National - Congratulations Gillian!



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Elite - Congratulations Soren!



Cougars - Congratulations Ben B!



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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 email your order to the office with size, colour (black or green) 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)

### 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

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### Upcoming Swim Meets

#### Winter Solstice Meet

**Date:** Saturday, November 30 - Sunday, December 1

**Location:** Lawson Aquatic Centre, Regina

**Groups:** all groups, deadline to decline (Prospect, Junior Prov, Junior Nat and Elite are signed up) or for Intro to Competitive to sign up is **November 15**

**It is a requirement for all swimmers Prospect and above who are participating to have a parent volunteering at 2 of the 3 sessions. Sign up is open - please sign up for your preferred shifts today.**

[Upcoming Events](#)

#### 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:** Giselle Carabias, Marianne Zamonsky

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### Fundraising

Please go to our events page to sign up for Bingo. There are available Bingo shifts for November dates. This is a great way to meet other parents and earn money towards your account. Check your calendar and see where you can help out. Remember to check in often to the events page to see new dates or events added to the calendar.

[Regina Dolphins Swim Team - Events \(teamunify.com\)](https://teamunify.com/ReginaDolphinsSwimTeam-Events)

### Farmer John's Christmas Baking Trays

We're excited to be partnered with Farmer John's Local Market for their Holiday Baking Tray Fundraiser again this year!



**FUNDRAISING OPPORTUNITY**  
Christmas Dainty & Cookie Trays

	Pieces	Selling Price	Profit per tray
Small Tray	24	\$40.00	\$5.00
Medium Tray	48	\$70.00	\$10.00
Large Tray	96	\$130.00	\$15.00

Visit <https://farmerjohns.ca/fundraising/> and click on the link for the Dolphins. There you can pick the size of Baking Tray and the athlete you would like to support. An email will be sent out separately with an order form and graphic that you can use for your social media (Facebook, Instagram) asking people to visit the website at <https://farmerjohns.ca/fundraising/> to place their order! Closing date for orders will be Nov 27, 2024 with a pickup date of Dec 4, 2024.

All baking will be prepared fresh for pick up and is a great item to keep in the freezer over the holiday season for unexpected guests!

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### President's Message - Indoor Aquatic Facility and upcoming Civic Election

With the Regina Civic election underway, and the final date to cast your vote quickly approaching next Wednesday, November 13, I thought it would be good to give a final update. The RODS offered our support to the Go Swim Regina group that has been strongly advocating for all aquatics programs in Regina. They provided a media release on October 30 ([click here](#)), and we have been provided the results of a survey the group conducted with all ward and mayoral candidates which showed that the following candidates support the IAF plan as approved by council and will not seek to disrupt the progress if elected:

- Mayor - Bill Pratt, Sandra Masters and Chad Bachynski
- 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 and Jerry Flegel

We are so close to realizing a vision that started years ago and has taken countless hours of community engagement, planning and significant investment to get it to this point. The RODS have been there since the start and will continue to be an active stakeholder in the progress. Just last week I attended a meeting with Swim Sask, City of Regina, IAF design architects, swim officials and members from Regina based swim clubs where we designed how the competition pool will function for swim meets. I can confidently say that this will be an amazing facility and will meet the needs of the RODS, all other aquatic programs and the public for years to come. If you are passionate about swimming and the future of the RODS organization please read the media release and consider who is supporting the IAF project when you cast your vote.

Tyler Koyl  
RODS President

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### Support for the Varsity Swimming Program

Last week, the Canadian swimming community took a big hit. The University of Alberta decided to cut the Bears/Pandas swim team after this season for fiscal reasons. This was a strong, long-standing team with hundreds of former athletes.

Varsity swimming is essential to the swimming community. It fosters excellence in the sport at the national level which trickles down to all swimmers. Having a varsity team brings all swimmers to a higher standard. Coaches are developed in the Cougars & then coach all ages of swimmers. The Cougars provide so many opportunities for young adults to develop their passion while educating themselves. Many adult swimmers are Cougars alumni. As well, many of your children are training & on their way to swimming varsity, whether here or elsewhere. We know us swimmers are sharp-minded & well-rounded individuals. To keep our swimming community thriving & alive, we need to support our most vulnerable team, the University of Regina Cougars.

There is a new dynasty program the University of Regina has unveiled, called the Green & Gold Community.

The program states:

Mission: The Green and Gold Community aims to develop a culture of philanthropy and support of Varsity Sport at the University of Regina among alumni and supporters.

Purpose: The purpose of the Green & Gold Community will

(a) provide support to varsity sport programs,  
(b) incentivize giving through matching opportunities, and  
(c) build an expendable Trust Fund that supports strategic priorities to build a sustainable future, such as:

1. Facility development and enhancements (including pool revitalization!)
2. Support specialized equipment purchases
3. Growth in financial awards, scholarships, and bursaries
4. Increased levels of support services to enhance the athletic experience, performance, and personal development
5. Expand access to coaching

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Essentially, we are trying to build a network of people who pledge to support the individual varsity teams. It is a yearly donation that will go directly to the team of your choice (please make sure to choose swimming!). Each level offers exclusive benefits, a charitable tax receipt and the opportunity to make a lasting impact on our student-athletes and programs.

The yearly donation amount can vary:

\$60 - New Alumni

\$250 - Green

\$500 - Gold

\$1000 - Champion

\$2,500 - Hall of Fame

See further details below:

<https://www.uregina.ca/alumni-and-friends/giving/green-gold.html#donate> (<https://www.uregina.ca/alumni-and-friends/giving/green-gold.html#donate>)

Please ensure to select "Green and Gold - Swimming" under the "I want to support" tab.

The best part is, the university has pledged to match your donation. That means if you donate \$500, \$1,000 will go towards U of R athletics, with \$875 going directly to the Swim team & \$125 going towards the general university athletics strategic fund.

Please consider supporting Saskatchewan's only varsity swimming program by becoming a member of the Green & Gold Community. Your support will ensure Cougars Swimming thrives for decades to come.

Thank you!

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PRAIRIE SKIES  
MEDICAL IMAGING



SASK LOTTERIES

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

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WESTJET 



Downtowners  
OPTIMIST CLUB

AIR CANADA 

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**balloon bar**  
YQR



*Tim Hortons*

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