



TEAM NEWSLETTER

October 10, 2025

Upcoming Events

Cougars/Bisons Dual Meet – October 11-12
Awards Gala -October 18
Goldfins Spooktacular Meet – October 24-26

University of Regina Cougars and University of Manitoba Bisons Dual Meet #1

October 11 & 12, 2025

The first Dual Meet between the UofR Cougars and UofM Bisons at the Lawson Aquatic Centre. Come watch some fast swimming - we are also in need of some officials. Please come and help if you are available, the sessions are quite short.

Saturday Racing at 1030AM and 5PM, Sunday Racing at 1030AM



Spooktacular Goldfins Invitational

Our first travel meet of the season will be to Saskatoon

Date: October 23-26, 2025

Location: Shaw Centre, Saskatoon

Hotel: Hampton Inn Airport

Bus Travel: Depart Lawson Aquatic Centre Thursday, October 23 at 6PM

Decline Deadline: Sunday, October 12



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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2025 Awards Gala – Stars of the Pool

★STARS OF THE POOL★

Saturday, October 18 at the Doubletree by Hilton

All swimmers and families are encouraged to attend. Use the events page or the SE Motion App to sign up for tickets or email the office. Please note number of tickets and any dietary needs. Tickets are \$30.

Included is:

- Parking included with validation (text your plate number and “Capital Ballroom” to 306-801-0766. Parking is in the parkade around at the back of the Hotel - enter from Osler Street - or in the parking lot in front lot of the Hotel)
- Buffet dinner including beef carving station, chicken, fish, pasta, vegetables, salad, buns
- Separate station with gluten free and vegetarian options (please make note of dietary needs in sign up)
- Dessert station, punch, pop, juice, coffee and tea
- Cash bar (beer and wine \$8.50, cocktails \$9.50)
- Slide show presentation
- Awards for the 2024/25 season
- Raffle table including **two \$1000 WestJet gift cards** and various gift baskets
- Photos
- DJ dance party with Momentum Productions

Do not miss out on this fantastic evening!

Please note cut off to order tickets is Sunday night, October 12!

Tickets are now available at the Lawson office for pick up.

Pick up will be available at the UofR next Wednesday also.

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REGINA OPTIMIST DOLPHINS

STARS OF THE POOL

AWARDS GALA

Join us for a wonderful evening to enjoy time together as a team and celebrate the successes and achievements of last season.

SATURDAY
OCTOBER 18

Doubletree by Hilton
1975 Broad Street

EVENT HIGHLIGHTS

Cocktails 5PM, Buffet Dinner 6PM

Awards Presentation

Raffle Table, Photos

DJ Dance Party to follow

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PRAIRIE SKIES
MEDICAL IMAGING

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Hoodies and Team Suits

The hoodies are in and available for pick up at the Lawson office. Drop off will also be available to the UofR next Wednesday. The team suits were unfortunately shipped by Canada Post and are still en route.

Fundraising

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

[Team Events Link](#)



Christmas Gift Card Fundraiser

Coming soon, FundScrip gift card fundraiser. Buy your gift cards for gifts this Christmas, or for your own personal shopping, and earn cash back with each card purchased. Promote to your family and friends to participate as well!



Encourage supporters of your campaign to pay for their everyday expenses & gifts with gift cards bought from FundScrip. Each purchase automatically includes a donation to the campaign. The supporter isn't out of pocket, and they shop where they would normally shop.

1

Buy \$100, Get \$100

Buy cards at face value, get face value at the retailers - you lose nothing



2

Shop As Usual

With cards from over 230 leading retailers, there's no need to change your shopping habits



3

Pay With Gift Cards

Pay with gift cards instead of credit/debit/cash for your everyday items & gifts



4

Raise Funds

Each purchase automatically includes a donation for your group that can quickly add up over time



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Fersters Apple Fundraiser

The apples are being delivered on **Wednesday, October 15**. Pick up address is **3035 Quinn Drive**

Pick up your orders from **2-3PM** if possible or between **4-6PM**. All apples must be picked up on the 15th. Thanks to all who participated - our total was 114 cases this year.

Parents Meetings

Cougars / Elite (Baylee)

When: 7:00pm on Tuesday, October 14th 2025

Where: Zoom Meeting (details sent separately)

Junior National (Mitchell)

When: 6:15-6:45pm on Wednesday, October 15th 2025

Where: Lawson Classroom 3 (old Sportco)

Junior Provincial (Isaac VB)

When: 6:45pm on Thursday, October 16th 2025

Where: UofR - Pool Viewing Area (Stands)

Prospect and Intro UofR Gold / Silver (Rick)

When: 9:45am on Saturday, October 11th 2025

Where: CK 175

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Intro UofR Bronze Plus (Jada)

When: 7:00pm on Wednesday, October 15th 2025

Where: Zoom Meeting (details sent separately)

Intro UofR Bronze (Isaac/Alex)

When: 5:45-6:30pm on Thursday October 9th 2025

Where: CK 219

Intro Lawson Gold/Silver/Bronze (Jordan)

When: 5:45-6:15pm on Tuesday, October 14th 2025

Where: Lawson Classroom 3 (old Sportco)

South Sask Racing Series #1

Location: Kinsmen Sportsplex, 855 MacDonald St, Moose Jaw

Date: Sunday, November 2, 2025 (8AM-1PM)

Self Travel

Groups: Prospect Gold, Silver and Part-Time, Intro Bronze, Bronze Plus, Silver and Gold

No qualifying times. No swimmers with AA times are permitted to enter.

Meet package with all information [LINK](#)

Deadline to Sign Up or Decline: October 20

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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
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**THANK YOU TO OUR TEAM SPONSORS
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LEARNING

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