

TEAM NEWSLETTER

October 20, 2025

Upcoming Events

Goldfins Spooktacular Meet – October 24-26

South Sask Racing Series #1 – November 2

Black and Green Meet #1 – November 7

2025 Awards Gala – Stars of the Pool



Thank you to sponsor of our awards gala, **PSMI – Prairie Skies Medical Imaging** and to Dr. Sanela Begic Le for planning such a wonderful celebration.



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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CONGRATULATIONS TO ALL THE WINNERS!

RECREATIONAL

Attendance 2024/25
CLEMENTINE CORNELISSE

Most Improved 2024/25
GABE ALECXE

Team Spirit 2024/25
ALE MENA LARREATEGUI

INTRO TO COMPETITIVE

Most Improved 2024/25
Intro Bronze
JAMIE LY

Most Improved 2024/25
Intro Silver
ANTONIO LAM

Most Improved 2024/25
Intro Gold
WALKER BELL

Team Spirit 2024/25
ALEN LE

Best Race 2024/25
Intro Silver
KHAYLA NALLAWANGSA

Best Race 2024/25
Intro Gold
SMITH PHILLIPS

PROSPECT

Most Improved 2024/25
Prospect Girls
CLAIRE NAMETH

Most Improved 2024/25
Prospect Boys
COHEN ZAMONSKY

Team Spirit 2024/25
AMELIA FIRNESZ

Best Race 2024/25
BERLIN CORNEA

JUNIOR PROVINCIAL

Attendance 2024/25
NEVEN LE

Most Improved 2024/25
MINA METRY

Team Spirit 2024/25
AARSHIA GUPTA

Best Race 2024/25
CLARK EISLER

JUNIOR NATIONAL

Attendance 2024/25
GILLIAN KIMENS

Most Improved 2024/25
TAYLAH FISHER

Team Spirit 2024/25
ISLA HANSEN

Best Race 2024/25
TAYLAH FISHER

ELITE

Attendance 2024/25
SOREN HANSEN

Most Improved 2024/25
INIGO GUTIERREZ
CARABIAS

Team Spirit 2024/25
SADIE ANDERSON

Best Race 2024/25
JOSH AUSTIN KOYL



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COUGARS

Attendance 2024/25

DYLAN DEROSE

Most Improved 2024/25

ETHAN ELLIOTT

Team Spirit 2024/25

KALLY KENNEDY

Best Race 2024/25

MATTHEW BROUGH

Best Overall 2024/25

Intro to Competitive Girls

EMMY BAILEY

Best Overall 2024/25

Intro to Competitive Boys

ANDER GUTIERREZ

CARABIAS

Best Overall 2024/25

Girls 10-12

TAYLAH FISHER

Best Overall 2024/25

Boys 11-13

NEVEN LE

Best Overall 2024/25

Girls 13-14

GILLIAN KIMENS

Best Overall 2024/25

Boys 14-15

OWEN EISLER

Best Overall 2024/25

Girls 15 & over

CASHIS TAYPOTAT

Best Overall 2024/25

Boys 16 & over

MATTHEW BROUGH

Anna Rondeau Team

Spirit Award

AMANDA SUN

Volunteer of the Year

2024/25 Season

TYLER KOYL

Mike Brough Memorial

Scholarship Winners

INIGO GUTIERREZ

CARABIAS

MACY HARLOS

Congratulations to all the award winners for the 2024/25 season!

Photos will be available online in the next few days.

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New Team Banner

The new team banner is up at the Lawson – make sure to check it out next time you are at the pool. The new banner features Regina Dolphins and Cougars swimmer Matthew Brough. Matthew is attending the World Cup in Toronto this week. We're proud of your accomplishments and wish you a great meet!



Thank You Officials!

A big thank you to all of the RODS parents who helped out at the Marlins swim meet at the beginning of October and to the Regina Masters Swim Club who helped out in a big way at the Cougars Bisons Dual Meet on the Thanksgiving weekend. It is great to see the swimming community coming together to help each other out to support the athletes.

Thank you to the following RODS parents who helped at the Marlins meet:

Sanela Begic
Jeremy King
Jae Bean
Tyler Koyl
Barb Austin
Chris Hansen

Roberta Kotowich
Melissa Kimens
Julia Dickinson
Giselle Carabias
Orenda Pelzer
Jason Pelzer

Brian Le
Tracy Archer
Howard Wang
Iveta Dilorio
Jessica Wright

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Spooktacular Goldfins Invitational

We have 36 swimmers attending the Goldfins meet in Saskatoon this weekend. The bus will depart the Lawson at 6PM on Thursday.



South Sask Racing Series #1

Location: Kinsmen Sportsplex, 855 MacDonald St, Moose Jaw

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

Deadline to Sign Up or Decline: TODAY October 21

Hoodies and Team Suits

Anyone who hasn't received their pre-ordered team hoodie yet, they are available for pick up at the Lawson office. The team suits have finally arrived and are also available for pick up.

Team Photos by Piper Sports Photography

Photos will be delivered this week and will be handed out by the coaches.

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](#)



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Christmas Gift Card Fundraiser

Coming in November, 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!



The Basic Concept

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

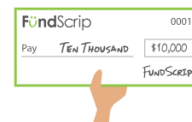
Pay with gift cards instead of credit/debit/cash for your everyday items & gifts



4

Raise Funds

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



Black and Green Meet #1

Location: University of Regina pool

Date: Friday, November 7 (430-630PM)

Groups: Junior Provincial, Prospect, Intro Gold, Intro Silver, Intro Bronze Plus, Intro Bronze

Please confirm attendance on the Sports Engine Motion app or the events page [LINK](#)

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**Chaperones are needed for the Prairie Winter Invitational (PWI)
in Winnipeg December 11-14. Please contact the office if you are available.**

University of Regina Cell Phone Policy

A reminder from the UofR that cell phone use is NOT permitted in the changerooms. Thank you for your cooperation and support in maintaining a respectful and safe environment for all.

Officials Courses

The team is always in need of more officials to help run swim meets for our swimmers. Sign up for an officials course to get ready for the RODS-hosted Winter Solstice meet November 29-30. Log into REMS here:

[LOG IN SWIMMING CANADA](#)

You can take online learning modules in the Learning Management System (LMS) and also register for the following clinics:

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FALL 2025 VIRTUAL OFFICIALS CLINICS

STROKE AND TURN

TUES, SEPT 23 & THURS, SEPT 25

6:30 PM - 8:30 PM (both dates)

Sign up by 8am on Sept 19

CHIEF JUDGE ELECTRONICS, CHIEF RECORDER, AND RECORDER

THURS, OCT 2 & THURS, OCT 9

6:30 PM - 8:30 PM (both dates)

Sign up by 8am on Sept 30

STARTER

SATURDAY, OCT 18

9:00 AM - 11:00 AM

Sign up by 8am on Oct 16

STROKE AND TURN

WED, OCT 22 & WED, OCT 29

6:30 PM - 8:30 PM (both dates)

Sign up by 8 am on Oct 20

MEET MANAGER

TUES, OCT 28 & TUES, NOV 4

6:30 PM - 8:30 PM (both dates)

Sign up by 8am on Oct 27

STROKE AND TURN

SUNDAY, NOV 16

8:30 AM - 12:30 PM

Sign up by 8am on Nov 13

STARTER

TUESDAY, NOV 25

6:30 PM - 8:30 PM

Sign up by 8am on Nov 24

REFEREE

TBA

Officials must complete Intro to Officiating (Timekeeper) and Safety Marshal e-modules prior to attending these clinics.

LOGIN TO LMS (THROUGH REMS) TO REGISTER

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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 



speedo 



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