



WEEKLY NEWSLETTER

Tuesday, October 22, 2024

Upcoming Events

Halloween Party – October 25
Goldfins Invitational – October 31-November 3
Black and Green Meet – November 8
Wine Tasting Event – November 16
AGM – November 18
Lasers Meet – November 23-24

2023/24 Awards Gala

Thanks to all who attended this sold-out event and to our lovely MC's for the evening - Jane Stephen and Isla Hansen - who really did a wonderful job. Thank you!



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 our award winners for the 2023/24 season! We are so proud of all your accomplishments. We look forward to seeing all the official photos by photographer Becky Wiens in the near future.

Recreational

Attendance – Keira Konkell
Most Improved – Emily Bigalky
Team Spirit – Peyton Hill

Intro to Competitive

Attendance – Claire Nameth
Most Improved – Amelia Firnesz
Team Spirit – Alen Le
Best Race – Amanda Sun

Prospect

Attendance – Neven Le
Most Improved – Charlotte Zhang
Team Spirit – Aarshia Gupta
Best Race – Neven Le

Junior Provincial

Attendance – Jane Stephen
Most Improved – Tenley Rogina
Team Spirit – Jane Stephen
Best Race – Tenley Rogina

Junior National

Attendance – Gillian Kimens
Most Improved – Owen Eisler
Team Spirit – Isla Hansen
Best Race – Gillian Kimens

Elite

Attendance – Jada Dickinson
Most Improved – Isaac Currie
Team Spirit – Jada Dickinson
Best Race – Ava Harlos

Cougars

Attendance – Matthew Brough
Most Improved – Reese Nelson
Team Spirit – Aden Dickinson
Best Race – Tariq Lashley

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Best Age Group Awards

Intro Girls

Sydney Purse

Girls 10-12

Gillian Kimens

Girls 13-14

Cashis Tapotat

Girls 15 and over

Melissa Adelman

Intro Boys

Mina Metry

Boys 11-13

Iker Gutierrez Carabias

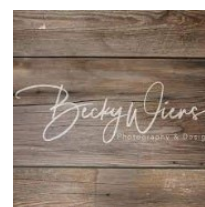
Boys 14-15

Josh Austin-Koyl

Boys 16 and over

Ovesh Purahoo

Thank you to our Gala Sponsors



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University Pool Temporary Closure

Thanks for your patience during the University pool closure. We hope to have everyone back to regular schedules soon. You can find the temporary group schedules on the website:

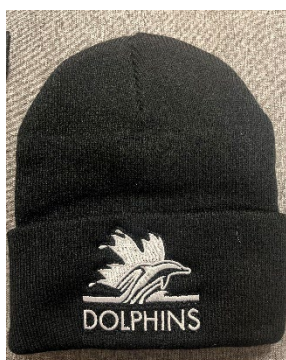
<https://www.reginadolphins.com/page/competitive/training-schedule>

Halloween Party

The Halloween Party is moved to the Lawson on **Friday, October 25** from 345PM-530PM. All Intro to Competitive, Recreational, Prospect and Juniors are invited to attend. Arrive in costume for a costume parade and bring swim gear for relays and fun in the pool.

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 soon.
- We have one team suit available: Girls size 24
- Dolphins toques are available in time for the winter weather at the Lawson office (\$20)



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**Team: DOLPHINS
EG-003**

**Any time you visit a Browns, Crafthouse or
Liberty Kitchen in SK or MB give your
server our team EG number to have 10%
of the bill credited to the team for use at
an end of season party.**



BROWNS SOCIALHOUSE®
restaurant . bar . socialize



Wine Tasting Event

We are lucky to have a wine tasting event booked at the RCMP Depot, General Mess. 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 etransferred 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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WINE TASTING PARTY



Nov 16, 2024
07.30 PM-10:30PM

Tickets
\$30

RCMP Depot, General Mess
11th Ave W, Regina

Wine Tasting by
Metro Liquor



Appetizer Stations
by Chop Steakhouse



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Swim Sask Officials Clinics

There are officials clinics coming up, please consider upgrading your qualifications for our upcoming meets this season. To take any of the e-modules, or to sign up to take an instructor-led virtual or in person clinic, log into your officials account in the [Registration and Events Managements system \(known as REMS\)](#) and then from there you log into the Learning Management System (LMS)

FALL 2024 VIRTUAL OFFICIALS CLINICS



| | |
|---|---|
| STROKE & TURN SUNDAY, SEPTEMBER 22 8:30 AM - 12:30 PM Sign up by 8am on Sept 19 | STARTER THURSDAY, OCTOBER 24 6:30 PM - 8:30 PM Sign up by 8am on Oct 22 |
| STARTER MONDAY, SEPTEMBER 23 6:30 PM - 8:30 PM Sign up by 8am on Sept 20 | STROKE & TURN SATURDAY, OCTOBER 26 1:00 PM - 5:00 PM Sign up by 8am on Oct 24 |
| MEET MANAGER SATURDAY, OCTOBER 19 8:30 AM-12:30 PM Sign up by 8am on Oct 17 | STARTER WEDNESDAY, NOVEMBER 13 6:30 PM-8:30 PM Sign up by 8am on Nov 12 |
| CFJ/CJE/RECORDER SUNDAY, OCTOBER 20 8:30 am - 12:30 pm Sign up by 8am on Oct 17 | STROKE & TURN SUNDAY, NOVEMBER 17 12:00 PM - 4:00 PM Sign up by 8am on Nov 14 |

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



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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