



WEEKLY NEWSLETTER

Wednesday, October 9, 2024

Upcoming Events

Awards Gala – October 19

Halloween Party – October 25

Goldfins Invitational – October 31-November 3

Black and Green Meet – November 8

Norm Banfield Memorial Meet

Congratulations to our Dolphins Intro and Prospect swimmers attending their first meet:

- Emmy Bailey
- Walker Bell
- Abby Bettschen
- Cypress Cornea
- Julia Deck
- Mya Gerrard – 1 top 8 swim
- David Hanna
- Samuel Hanna
- Soo Jin Hernandez
- Danica Holfeld
- Antonio Lam
- Daniel Lee – 2 top 8 swims
- Jony Markos – 2 top 8 swims
- Victoria Mish
- Vijval Patel
- Everly Roach
- Aiden Wang

It was great to see so many Dolphins swimming at their first meet! All of you did an amazing job! It was great to see the big smiles on your faces! You represented our team well, and we are very proud of you!

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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Congratulations to the following Intro and Prospect swimmers for a great meet as well:

- Josh Becerra – 5 best times; 1 top 8 swim
- Ananya Bhende – 2 best times; 1 top 8 swim
- Berlin Cornea – 7 best time; 3 new ManSask A time standards in 50 BK, 100 BK, and 200 IM; 8 top 8 swims
- Amelia Firnesz – 3 best times
- Ander Gutierrez-Carabias – 2 best times; 7 top 8 swims
- Ava Kotia – 2 best times; 3 top 8 swims
- Charlotte Kovatch – 1 best time; 4 top 8 swims; 2 1st place swims
- Bruno Lam – 3 best times
- Santiago Lam – 4 best times; 7 top 8 swims; 2 1st place swims
- Alen Le – 4 best times; 3 top 8 swims
- Mina Metry – 1 top 8 swim
- Claire Nameth – 4 best times; 4 top 8 swims
- Alba Phillips – 2 best times; 1 new A time standard – 50 BR
- Smith Phillips – 4 best times; 5 top 8 swims
- Sydney Purse – 2 best times
- Amanda Sun – 6 best times
- Arya Varma-Robb – 4 best times; 1 top 8 swim
- Natiana Wright – 7 best times
- Cohen Zamonsky – 5 new swims
- Jacob Zhao – 1 best time; 1 top 8 swim
- Wynne Ziffle – 2 best times; 1 top 8 swim
-

The best times and new time standards listed above are for short course metres (SCM) only. Many of these swimmers also far exceeded their long course metres (LCM) times. It was great to see all the enthusiasm and cheering going on. The Dolphins once again showed the most energy of any team at the meet. I couldn't be prouder of you all!

- Coach Rick

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The Junior group had an amazing weekend with everyone dropping lots of time and many getting new A and AA times.

Neven got a new AA times in the 50Bk, 400 IM and the 100 Bk and the 400 free

Sara added a few A times to her belt and requalified in the 50 free for the AA

Aarshia qualified for Junior Provincials in the 200, 100 and 50 free plus the 50 Breast

Jazz qualified for Junior Provincials in the 200 IM, and all events she swam

Samatha qualified for 200 BK in Junior Provincials

Adele qualified for Junior Provincials

Natalie qualified for Junior Provincials and AA

Clark qualified for Junior Provincials

Ferran qualified for Junior Provincials

Tryg qualified for Junior Provincials

- Coach Makenzy

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Thank you to all of the RODS/Cougars officials who volunteered their time to help out at the Marlins swim meet this past weekend. It is great to see the swim community come together regardless of club to make the swim meet a success for all of the swimmers participating. A big thank you to:

Tracy Archer
Giselle Carabias
Chris Hansen
Sanela Begic
Kathleen Eisler
Tyler Koyl
Barb Austin
Mitchell Brough
Orenda Pelzer

Andrea Axelson
Kirsten Brough
Jessica Wright
Jason Pelzer
Julia Dickinson
Roberta Kotowich
Melissa Kimens
Aden Dickinson

Swim Meet Information Session

Thanks to all the parents who attended the swim meet information session! For any who were unable to attend, Orenda's presentation is linked below.

[Swim Parent 101 PDF.pdf](#)

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September Swimmers of the Month

Intro to Competitive Bronze Cougars - Congratulations Jamie!



Intro to Competitive Silver Cougars - Congratulations Emerson!



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Intro to Competitive Silver RODS - Congratulations Samantha!



Intro to Competitive Gold Cougars - Congratulations Grammy!



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Recreational – Congratulations Georgia!



Prospect - Congratulations Mina!



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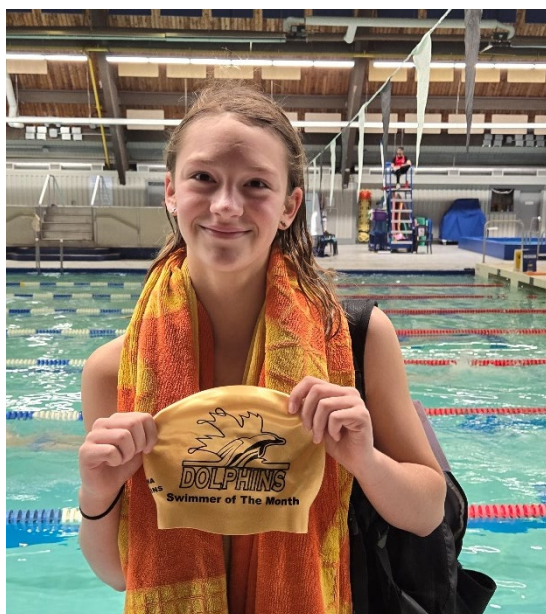
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Junior Provincial - Congratulations Clark!



Junior National - Congratulations Jasmine!



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Elite - Congratulations Isaac!



Cougars - Congratulations Ethan!



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Awards Gala

The Awards Gala is coming up soon on **Saturday, October 19 at the University of Regina**

It's sure to be a wonderful evening as we celebrate all the swimmers' accomplishments of last season. It will be a fun evening with dinner, awards, slide show, raffle prizes, and a DJ dance party. All swimmers and families are welcome to attend. Tickets are \$30 and are now available to pick up at the Lawson office. Sign up on the events page and make note of how many tickets you require.

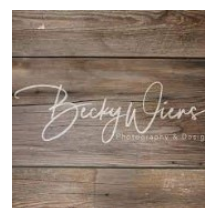
[Upcoming Events](#)

Thank you to our Gala Sponsors



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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!

Swimming Canada Registration

Please make sure to register your swimmer for the new season. You will have received an email from Swimming Canada (sportlomo). For help with the new season registration see the following: Member Registration Guide in the Knowledge Base:

<https://sportlomo.atlassian.net/wiki/spaces/SCS2/pages/1048870936/Member+Accounts>

This document has step-by-step instructions on how to complete registration for all members (Swimmers, Coaches, and Officials).

November Swim Meets

The November meets in Saskatoon have been added to the events page, please confirm attendance. [Upcoming Events](#)

Goldfins Invitational

November 1-3, 2024

Shaw Centre, Saskatoon

Groups: Intro, Prospect, Junior Provincial, Junior National, Elite

Prospect and up swimmers are automatically signed up. Intro swimmers are welcome to sign up. 11 and over travel with the team, under 11 can travel and stay with parents.

Decline date is October 9 if unable to attend.

Bus Travel: bus will leave from the Lawson after practice at 6PM Thursday, October 31

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Hotel: Hampton Inn Airport, 110 Gateway Blvd

Chaperones: Sanela Begic Le, Erin Harlos

Coaches: Coach Mitchell and Coach Rick

Lasers Short Course

November 24, 2024

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

Prospect swimmers are automatically signed up. Decline date is October 22 if unable to attend. Intro swimmers are encouraged to sign up by October 22.

Bus Travel: bus will travel up Saturday PM and return Sunday PM if 25+ swimmers attending. There will be space for parents to travel on the bus if they would like. Parents can request hotel rooms in our block (\$124). **Hotel block available until October 22.**

Hotel: Home Inn, 235 Willis Cres, Saskatoon

Chaperones: TBD

Coaches: Coach Mitchell and Coach Rick

Team Gear

Team shirts are restocked in all sizes and are available at the Lawson office.

Preordered team hoodies and team suits have been delivered and are available for pick up at the Lawson office. Members can pick up at the Lawson office or email <mailto:office@reginadolphins.com> to have orders dropped off to the University.

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Upcoming Courses Offered through City of Regina

Bronze Medallion
October 18, 19, 20

Bronze Cross
November 17, 23, 24



Must have completed Bronze Star or be 13 years of age to register for Bronze Medallion. Must have taken Bronze Medallion to register for Bronze Cross.

To sign up email
office@reginadolphins.com

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