

TEAM NEWSLETTER

September 16, 2025

Upcoming Events

Orders due for Apple Fundraiser – September 17

Team photos alternate date – September 18

Norm Banfield meet entry deadline to sign up/decline – September 19

Wayne Goldsmith Workshop – September 27

Fersters Apple Fundraiser

Order deadline is **September 17**. Send order forms to office@regiandolphins.com and Etransfer order total to payment@reginadolphins.com Fundraising amounts will be deposited directly to your swim account.




Team Photos

PSP photography has provided an alternate date for swimmers who couldn't attend the photo shoot last week. Contact Piper Sports Photography at Pspask@gmail.com to arrange a time on **Thursday, September 18 to stop by their studio (1047 Fort Street)**. It only takes a few minutes for an individual photo. All individual photos are used to create group and full team photos. Cost for photos is \$25/swimmer which includes an 8x10 group photo and 2 individual 5x7s. If you do not wish to purchase the photos, please email the office to decline.

REGINA OPTIMIST DOLPHINS SWIM TEAM

“FRESH OFF THE TREE” APPLE FUNDRAISER

Apples: Macintosh Royal Gala **Seller:** _____
 Spartans Ambrosia **Seller Deadline:** Sept 17 _____
Shelf Life: 2-3 Months Cool / Cold Room **Location:** T.B.D
Supplier:  **FERSTERS MARKET** **Delivery:** October 2025

Weight per Box: 20 lbs. (unwaxed)

Customer	Phone	\$45/box Macintosh	\$45/box Spartans	\$45/box Royal Gala	\$50/box Ambrosia	Order Total (\$)

	Macintosh	Spartans	Royal Gala	Ambrosia	ALL ORDERS COMBINED
BOX TOTALS					\$

Need customer ideas?
Aunts, uncles, grandparents, family friends, neighbours, people your family does business with, co-workers

TEAM NEWSLETTER

September 16, 2025

Terry Fox Run

Thanks to all the Cougars and Dolphins swimmers who participated in the Terry Fox Run! Your support keeps Terry's legacy alive and also helps raise funds to support cancer research. Great job!



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



TEAM NEWSLETTER

September 16, 2025

Norm Banfield Memorial Swim Meet

The first meet of the season is hosted by the Marlins swim club at the Lawson Aquatic Centre.

October 3-5, 2025

All swimmers in Prospect, Junior Prov, Junior Nat and Elite are signed up – you must decline if unable to attend. All swimmers in Intro to Competitive groups are welcome to sign up. Coaches will select the entries for your swimmer. Please check with your coach if you have questions or want to request specific events. Deadline to sign up or decline is **Friday, September 19**.

There are entry fees for this event which will be charged to your account. Sorry no refunds after the deadline.

Sign up or decline on the events page [Events Page Link](#) or use the SportsEngine Motion App

Review the Meet Information here: [Norm Banfield Meet Package](#)

Officials from all clubs are encouraged to participate in officiating at the meet in whatever positions they are qualified in. Please use the sign up link below

<https://www.signupgenius.com/go/10C0E4BA4A62CA4FCC52-57461938-fall#/>



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

TEAM NEWSLETTER

September 16, 2025

Wayne Goldsmith Workshop



We are very pleased to welcome World Renowned Swimming Expert Mr. Wayne Goldsmith of MOREGOLD PEAK PERFORMANCE CONSULTING for a day of workshops for swimmers, coaches and parents on Saturday, **September 27.**



SATURDAY, SEPTEMBER 27th, 2025 - JUNIOR SWIMMERS			
JPROV. PROSPECT (<34 swimmers)			
<u>Start Time</u>	<u>End Time</u>	<u>Event Name</u>	<u>Location</u>
8:00 AM	8:15 AM	Talk with Junior Swimmers #1 - Choose to be Remarkable	UofR ED 191
8:15 AM	9:15 AM	Junior Swim Session #1 - Skills, Speed Tips	UofR Pool
9:30 AM	10:30 AM	Keynote Motivational Talk with EVERYONE	UofR ED 191
Junior Swimmers Leave at 10:30am from UofR			
4:30 PM	5:30 PM	Parents Talk	UofR ED 191

Please note the South Sask Racing Series has been moved from this date to November 2, so all Prospects will now be able to attend.

SATURDAY, SEPTEMBER 27th, 2025 - SENIOR SWIMMERS			
COUGARS, ELITE, JNAT (<43 swimmers)			
<u>Start Time</u>	<u>End Time</u>	<u>Event Name</u>	<u>Location</u>
6:15 AM	6:30 AM	Talk with Senior Swimmers #1 - Choose to be Remarkable	UofR Pool
6:30 AM	8:00 AM	Senior Swim Session #1 - Skills, Speed Tips	UofR Pool
8:00 AM	8:15 AM	Senior Team Stretches	UofR Pool
8:30 AM	9:15 AM	Senior Breakfast at Luther / Team-Building in ED 191	Luther Cafeteria / ED 191
9:30 AM	10:30 AM	Keynote Motivational Talk with EVERYONE	UofR ED 191
10:30 AM	11:00 AM	Talk with Senior Swimmers #2 - Mental Skills & Snack	UofR ED 191
Travel Break - Senior Swimmers to Wascana w/Parents			
11:30 AM	1:00 PM	Senior Swim Session #2 - Skills, Mental Approach to Swimming	Wascana
Senior Swimmers Leave at 1:00pm from Wascana			
4:30 PM	5:30 PM	Parents Talk	UofR ED 191

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

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



TEAM NEWSLETTER

September 16, 2025

Parents Meeting – Swim Meets and Officiating

Please join us for an informal meeting to discuss swim meets and an introduction to officiating for parents

- Overview of the different officiating roles
- Information and resources for new officials

Monday, September 29 from 530-630PM at UofR room CK219.

Swim meet information for new parents – read this!



[LINK](#)

Officials Registration for the 2025-26 Season

Officials who are re-registering for the new season can now self-register with REMS (Swimming Canada's Registration and Event Management System). Use the link below to log in and re-activate your account.

<https://swimming.canada.sportsmanager.ie/sportlomo/users/login>



New parents will have to be entered in the system so please wait to receive an email with instructions for creating a new account. Once registered in the REMS system, you will be able to:

- Complete self guided e-modules, such as Intro to Officiating (Timekeeper) and Safety Marshall
- Sign up for in-person or virtual instructor led clinics, such as Judge of Stroke and Inspector of Turns

The following virtual officials clinics are offered by Swim Sask this fall.

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

TEAM NEWSLETTER

September 16, 2025



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

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



TEAM NEWSLETTER

September 16, 2025

Spooktacular Goldfins Invitational

Our first travel meet of the season will be to Saskatoon

Date: October 23-26

Location: Shaw Centre, Saskatoon

Hotel: Hampton Inn Airport

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

Heats and Finals Meet – 'A' Time require to attend

Chaperones: Sanela Begic Le and (second chaperone required)

All qualified swimmers will be added to the event



2025 Awards Gala – Stars of the Pool

We are pleased to announce, together with title sponsor Prairie Skies Medical Imaging, the 2025 Awards Gala



to be held on Saturday, October 18 at the Doubletree by Hilton.

Award nominees for the 2024-25 season will be announced shortly and ticket information available soon. All swimmers and families are encouraged to attend.



PRAIRIE SKIES
MEDICAL IMAGING

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



TEAM NEWSLETTER

September 16, 2025

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

SPONSORED BY:



Mailing Address: 355-4246 Albert Street, Regina SK S4S 3R9

Office Address: 1717 Elphinstone Street, Regina

Email: office@reginadolphins.com Phone: 306-586-3909



TEAM NEWSLETTER

September 16, 2025

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



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



TEAM NEWSLETTER

September 16, 2025

THANK YOU TO OUR TEAM SPONSORS
FOR THE 2025/26 SEASON

SaskTel 

 **REGINA**

speedo 

 **OXFORD**
LEARNING

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