



TEAM NEWSLETTER

September 26, 2025

Upcoming Events

Wayne Goldsmith Workshop – September 27
Parents Meeting – Swim Meets and Officiating – September 29
Norm Banfield Swim Meet – October 3-5
Cougars/Bisons Dual Meet – October 11-12
Awards Gala -October 18



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)			
Start Time	End Time	Event Name	Location
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.

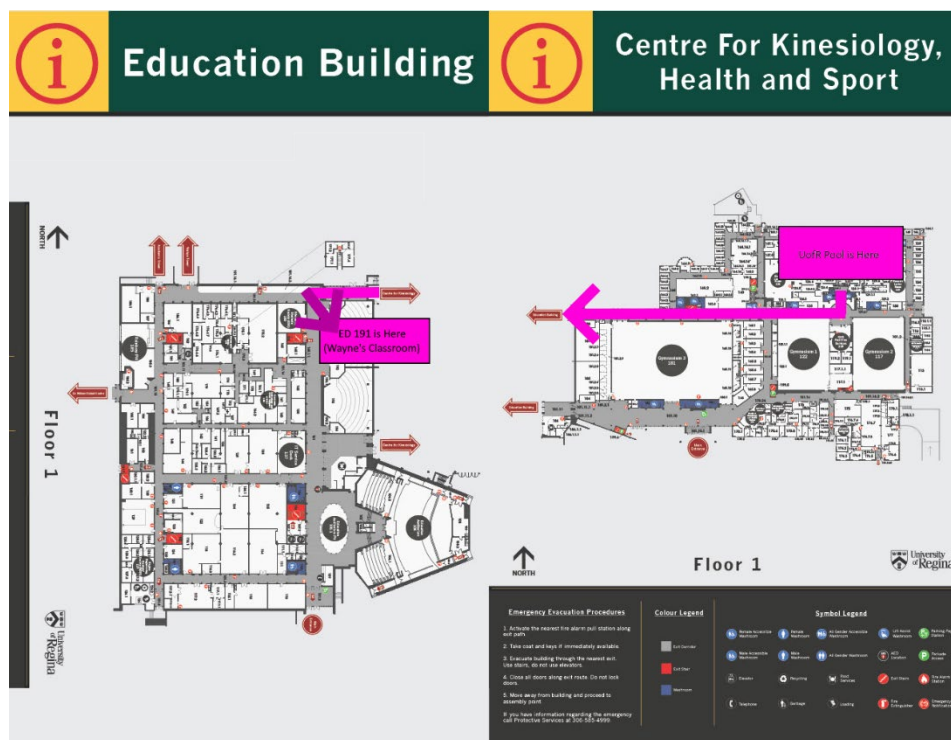
Regina Optimist Dolphins Swim Team
Mailing Address: 355-4246 Albert Street, Regina SK S4S 3R9
Office Address: 1717 Elphinstone Street, Regina
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SATURDAY, SEPTEMBER 27th, 2025 - SENIOR SWIMMERS			
COUGARS, ELITE, JNAT (<43 swimmers)			
Start Time	End Time	Event Name	Location
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 Ultimate/ Team-Building in ED 191	Ultimate UofR/ 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

Please note change in location for breakfast



Directions from the UofR pool to classroom ED191

Swimmers, please arrive with swimsuits on under clothing so you are ready to hop in the pool directly following the talk with Mr. Goldsmith.

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Norm Banfield Memorial Open Development Meet

October 3-5, 2025 at the Lawson Aquatic Centre, Regina. More details will be sent out next week. There are entry fees for this event which will be charged to your account. Sorry no refunds after the deadline.

Marlins are still in need of officials for this meet. If you are available to help out please use the sign up link below

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

Session Times:

Session 1 Friday: Warm Up: 4:30 pm to 5:30 pm Start: 5:40 pm

Session 2 Saturday: Warm up: 8:00 am to 9:00 am Start: 9:10 am

Session 3 Saturday: Warm up: 4:00 pm to 5:00 pm Start: 5:10 pm

Session 4 Sunday: Warm up: 8:00 am to 9:00 am Start: 9:10 am

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. RODS swimmers with a [14&O "AA" time](#) are invited to enter the meet. RODS swimmers entered in the meet must have a parent signed up to officiate 2 sessions.



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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 receive an email with instructions for creating a new account. If you have not received an email yet please contact Tracy at <mailto:<traydi82@gmail.com>>. 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.

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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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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

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

Chaperones: Sanela Begic Le and (second chaperone is needed)

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



Saturday, October 18 at the Doubletree by Hilton

All swimmers and families are encouraged to attend. Use the events page to sign up for tickets or email the office. Please note number of tickets and any dietary needs.



**PRAIRIE SKIES
MEDICAL IMAGING**

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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

SPONSORED BY:



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REGINA OPTIMIST DOLPHINS

STARS OF THE POOL

AWARDS NOMINEES

Intro to Competitive – Team Spirit Mya Gerrard Madi White Alen Le Ananya Bhende	Intro Bronze – Most Improved Jamie Ly Cypress Cornea Hayley Ludlow	Intro Silver – Most Improved Aiden Wang Sophie Zhang Antonio Lam
Intro Gold – Most Improved Ameet Veghal Walker Bell Olivia Dilorio	Intro Silver – Best Race Samantha Rogoza Khayla Nallawangsa Julia Deck	Intro Gold – Best Race Smith Phillips Jony Markous Oscar Le
Recreational – Attendance Georgia Hamilton Clementine Cornelisse Gabe Alecxe	Recreational – Most Improved Gabe Alecxe Linden Robinson Ronica Godia	Recreational – Team Spirit Linden Robinson Ale Mena Larreategui Ronica Godia
Prospect – Most Improved Amanda Sun Claire Nameth Soo Jin Hernandez Cohen Zamonsky Joshua Becerra Jacob Zhang	Prospect – Team Spirit Charlotte Kovatch Amelia Firtesz Bruno Lam	Prospect – Best Race Berlin Cornea Daniel Lee Daniel Wang

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Junior Prov – Attendance Samantha Mazhandu Neven Le Sydney Purse	Junior Prov– Most Improved Mina Metry Aarshia Gupta Ferran Gutierrez-Carabias	Junior Prov – Team Spirit Aarshia Gupta Sydney Purse Tryg Hansen
Junior Prov – Best Race Sara Austin-Koyl Clark Eisler Mina Metry	Junior Nat – Attendance Gillian Kimens Jane Stephen Joshua Tan	Junior Nat – Most Improved Iker Gutierrez-Carabias Taylah Fisher Myla Kachmarski
Junior Nat – Team Spirit Myla Kachmarski Jane Stephen Isla Hansen	Junior Nat – Best Race Taylah Fisher Iker Gutierrez-Carabias Tenley Rogina	Elite – Attendance Isaac Currie Owen Eisler Soren Hansen
Elite – Most Improved Josh Austin-Koyl Inigo Gutierrez-Carabias Soren Hansen	Elite – Team Spirit Sadie Anderson Isaac Currie Nathaniel Pelzer	Elite – Best Race Cashis Taypotat Josh Austin-Koyl Inigo Gutierrez-Carabias

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AWARDS NOMINEES

Cougars - Attendance Matthew Brough Dylan DeRose Ethan Elliott	Cougars- Most Improved Ethan Elliott Jada Dickinson Alex Kolesov	Cougars- Team Spirit Jada Dickinson Ben Bottrell Kally Kennedy
Cougars - Best Race Matthew Brough Jacob Korpan Ovesh Purahoo	Best Overall Intro to Competitive Girls Natiana Wright Emmerson Bailey Grammy Le	Best Overall Intro to Competitive Boys Ander Gutierrez-Carabias Cashton Zamonsky Santiago Lam
Age Group Award Girls 10-12 Berlin Cornea Taylah Fisher Claire Nameth	Age Group Award Boys 11-13 Tryg Hansen Neven Le Mina Metry	Age Group Award Girls 13-14 Sara Austin-Koyl Gillian Kimens Tenley Rogina
Age Group Award Boys 14-15 Mateo Becerra Owen Eisler Nathaniel Pelzer	Age Group Award Girls 15 and over Ava Harlos Chloe Hegi Cashis Taypotat	Age Group Award Boys 16 and over Josh Austin-Koyl Matthew Brough Isaac Currie

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

SaskTel 

 **REGINA**

speedo 

 **OXFORD**
LEARNING

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