



# TEAM NEWSLETTER

## September 8, 2025

### Upcoming Events

Team photos – September 10

Team Building at UofR Pool – September 12

ACTIVATE – September 13

Terry Fox Run – September 14

### September Schedule

As usual, our season start-up will be different from the regular schedules. Intro Bronze, Intro Bronze Plus, Prospect Silver, Prospect Gold, Junior Provincial, Junior National and Elite will all swim at the **UofR pool**. Intro Silver and Intro Gold will swim at **Wascana pool (4:00-6:00PM)**. In the event of bad weather, practices may be moved to the UofR pool.

Swimmers will do a combination of swimming, dryland activities and games. They should bring their swim gear as well as dryland clothes and runners. Please carefully review the [September schedule](#) as it is different from the [regular training schedule](#).

### Team Photos

Team photos on Wednesday, September 10 will be in **Room CK222**, at the UofR. Signs will be posted. Please make every effort to attend so your swimmer is included in the whole team and group photos. Please wear your green RODS shirt; black shorts and runners are recommended. 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, just mention at check-in that you won't be purchasing. Photos will be billed to your Team Unify account; no cash is needed.

Prospect – 3:40-4:10PM

Junior Nat – 4:10-4:30PM

Junior Prov – 4:30-4:50PM

Elite – 4:50-5:00PM

Intro Groups – 5:00-5:30PM



PSP Photography will be setting up in the room from 3:00PM and we have to be out by 5:30PM. If you are unable to arrive for your scheduled time, please come earlier rather than later.

**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](mailto:office@reginadolphins.com) Phone: 306-586-3909**



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### Team Building at UofR Pool

Sign up to be added to a team for the team building relays and games at UofR pool.

Friday, September 12

4:30-6:00PM

[Team Events Sign-up](#)

### ACTIVATE

Team Building Event at

**ACTIVATE - 2550 Quance Street**

Saturday, September 13

Arrive at 9:30AM for 10:00AM-11:15AM game

There is a charge to attend this activity (\$29 plus tax will be billed to your account)

Recommended for ages 10 and up

<https://playactivate.com/regina>

[Team Events Sign-up](#)



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### Terry Fox Run

#### RUN DAY DETAILS

Registration: starting at 11:00 am

Team Photo: 11:45 am

Brief Ceremony at 12:00 noon with run to immediately follow.

Start Time: 12:00 noon

Start to Close Time: 11:00 am - 3:00 pm

Location: TC Douglas Building/MacKenzie Art Gallery

Sign up here: <https://run.terryfox.ca/team/reginadolphins>

The Dolphins and Cougars swim teams have been long-time supporters of the Terry Fox Run. Come out on Sunday to participate and help raise funds for this important event. All swimmers and families are welcome.



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### Scholarship and Financial Assistance

Information is available on the website at [Scholarship and Assistance](#). Deadline for Anna Rondeau Scholarship applications is **September 15** for the 2025/26 season.

### Fundraising Opportunities

**New bingos** are posted for September through 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](#)



### Fersters Apple Fundraiser

Earn \$11.70 per case toward your swim account. Sell to your family, friends and neighbours. Apples are fresh picked and delivered mid-October. Order deadline is September 17. Send order forms to [office@reginadolphins.com](mailto:office@reginadolphins.com) and Etransfer order total to [payment@reginadolphins.com](mailto:payment@reginadolphins.com)



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### 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

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### 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:

- i. Complete self guided e-modules, such as Intro to Officiating (Timekeeper) and Safety Marshall
- ii. 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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### 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  
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LEARNING

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