



WEEKLY NEWSLETTER

Friday, September 20, 2024

Upcoming Events

Parents Meetings – Sept 25, 26, 27

Group Specific Mental Training – Sept 25, 26, 27

Norm Banfield Memorial Meet – October 4-6

Awards Gala – October 19

Thanks to all the Cougars and RODS swimmers and families who came out to support at the Terry Fox Run September 15. An amazing \$5800 was raised in memory of Mike Brough to help further cancer research in Canada.



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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A big thank you to all our fantastic coaches! We appreciate all that you do for our team.

Congratulations to our Head Coach Baylee Munro in completing his Advanced Coaching Diploma



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September 2024 Parent Meeting Schedule

RODS Elite/Cougars Parent Meeting with Coach Baylee

When: 7:30pm on Thursday, September 26th, 2024

Where: Zoom Meeting (link will be sent out next week)

Junior National Parent Meeting with Coach Mitchell

When: 7:30pm on Friday, September 27th, 2024

Where: Zoom Meeting (link will be sent out next week)

Junior Provincial Parent Meeting with Coach Makenzy

When: 6:45pm on Thursday, September 26th, 2024

Where: UofR Pool Viewing Area

Prospect Parent Meeting with Coach Rick

When: 9:45am on Saturday, September 28th, 2024

Where: UofR (CK219)

Intro UofR Gold / Silver Parent Meeting with Coach Rick

When: 6:15pm on Friday, September 27th, 2024

Where: UofR (CK219)

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Intro Lawson Silver and Recreational Parent Meeting with Coach Jordan

When: 6:30pm on Wednesday, September 25th, 2024

Where: Zoom Meeting (link will be sent out next week)

Intro UofR Bronze Parent Meeting with Coach Jada

When: 7:30pm on Wednesday, September 25th, 2024

Where: Zoom Meeting (link will be sent out next week)

Group Specific Mental Training

Small group mental training with Kyle scheduled for next week

Cougars: Friday, September 27th: 2:30-3:00pm at UofR (pool)

Elite: Friday, September 27th: 3:00-3:30pm at UofR (pool)

Junior National: Wednesday September 25th: 5:30-6:00pm at the Lawson Classroom 1

Junior Provincial: Wednesday, September 25th: 6:00-6:30pm at the Lawson Classroom 1

Prospect: Thursday, September 26th: 5:30-6:00pm at UofR (room CK185)

Intro: Thursday, September 26th: 6:00-6:30pm at UofR (room CK185)

Awards Gala

Swimmers please forward any photos from last season you would like included in the slide show at the Gala. Email to office@reginadolphins.com

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YOU ARE INVITED TO

REGINA DOLPHINS AWARDS GALA

DINNER – AWARDS – DJ DANCE PARTY

All swimmers and families are invited to an enjoyable evening as we recognize our accomplishments of last season. Cocktails, dinner, awards and dancing.

DOORS OPEN 530PM - 11PM

OCTOBER 19, 2024

MULTIPURPOSE ROOM, U OF R

TICKETS \$30

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On Deck App



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If you do not have this app yet please go to the app store and download it. The log in will be the same as for your SportsEngine account. This is an easy way to stay up to date with team info and events. Make sure to have notifications set to on.

Fundraising

Please go to our events page to sign up for Bingo, Rider Games and other fundraising opportunities. New Bingo dates for October and November has been posted. This is a great way to meet other parents and earn money towards your account. Check your calendar and see where you can help out. Remember to check in often to the events page to see new dates or events added to the calendar.

[Regina Dolphins Swim Team - Events \(teamunify.com\)](https://teamunify.com)

Norm Banfield Memorial Meet

The first meet of the season, hosted by the Regina Marlins, will be held at the Lawson Aquatic Centre October 4-6, 2024.

For all groups: Intro to Competitive, Prospect, Junior Provincial, Junior Advanced, Elite

Prospect and up swimmers are automatically signed up. Decline date if you are unable to attend is **September 25**.

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Intro swimmers are encouraged to sign up if they would like to participate. Your coach will select appropriate events. Click the link below to sign up or decline.

[Upcoming Events Page](#)

Session 1 Friday 430PM warmups 540PM racing starts

Session 2 Saturday 900AM warmups 1010AM racing starts

Session 3 Saturday 400PM warmups 510PM racing starts

Session 4 Sunday 900AM warmups 1010AM racing starts

Swim Meet Information for New Parents

Read this article posted on the website to find out more about attending a swim meet.

[Information for New Parents](#)

Swim Sask Canada Games Development Camp

Selected swimmers will be notified by Swim Sask by September 25. Information is available at the following link.

[November Camp Information](#)

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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).

Swim Sask Fall Officials Clinics

Registration is open! While we navigate the new registration system, a JotForm to register has been set up for the September clinics: <https://form.jotform.com/242554682099265>. Sign up today!!

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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balloon bar
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Tim Hortons

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