



# WEEKLY NEWSLETTER

## Friday, September 27, 2024

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### Upcoming Events

Parents Swim Meet Info Session – October 2

Norm Banfield Memorial Meet – October 4-6

Awards Gala – October 19

Goldfins Invitational – October 31-Nov 3

### Swim Meet Information Session

An information session for parents will be held on Wednesday, October 2 at 5PM at the University Room CK222. Board members will discuss home meets, away meets, officiating, handbook information and more. Intro to Competitive and Prospect parents should attend, as well as anyone new to the team. Coffee and donuts will be provided!

*Tim Hortons*

### Awards Gala

The Awards Gala is less than a month away! **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 will be available soon.

Swimmers please forward any photos from last season you would like included in the slide show. Email to [office@reginadolphins.com](mailto:office@reginadolphins.com)

**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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Thank you to our Gala Sponsors



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balloon bar  
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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

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OCTOBER 19, 2024

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MULTIPURPOSE ROOM, U OF R

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TICKETS \$30

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# AWARDS NOMINEES

## Recreational

### ATTENDANCE

Emily Bigalky  
Olufunke Fayemi  
Keira Konkel

### MOST IMPROVED

Emily Bigalky  
Olufunke Fayemi  
Alejandra Mena Larreategui

### TEAM SPIRIT

Peyton Hill  
Alejandra Mena Larreategui  
Tarryn Reym

## Intro to Competitive

### ATTENDANCE

Charlotte Kovatch  
Mina Metry  
Claire Nameth

### MOST IMPROVED

Amelia Firnesz  
Mina Metry  
Sydney Purse

### TEAM SPIRIT

Amelia Firnesz  
Ander Gutierrez Carabias  
Alen Le

### BEST RACE

Sydney Purse  
Amanda Sun  
Jacob Zhao

## Prospect

### ATTENDANCE

Sophia King  
Neven Le  
Charlotte Zhang

### MOST IMPROVED

Aarshia Gupta  
Ferran Gutierrez Carabias  
Charlotte Zhang

### TEAM SPIRIT

Alvin Doan  
Aarshia Gupta  
Sophia King

### BEST RACE

Berlin Cornea  
Tryg Hansen  
Neven Le

# AWARDS NOMINEES

## Junior Provincial

### ATTENDANCE

Isabelle Carleton  
Tenley Rogina  
Jane Stephen

### MOST IMPROVED

Isabelle Carleton  
Tommy Doan  
Tenley Rogina

### TEAM SPIRIT

Isabelle Carleton  
Natalie Pelzer  
Jane Stephen

### BEST RACE

Isabelle Carleton  
Iker Gutierrez Carabias  
Tenley Rogina

## Junior National

### ATTENDANCE

Josh Austin-Koyl  
Gillian Kimens  
Nathaniel Pelzer

### MOST IMPROVED

Josh Austin-Koyl  
Owen Eisler  
Nathaniel Pelzer

### TEAM SPIRIT

Josh Austin-Koyl  
Isla Hansen  
Gillian Kimens

### BEST RACE

Josh Austin-Koyl  
Owen Eisler  
Gillian Kimens

## Elite

### ATTENDANCE

Isaac Currie  
Jada Dickinson  
Soren Hansen

### MOST IMPROVED

Isaac Currie  
Jada Dickinson  
Soren Hansen

### TEAM SPIRIT

Sadie Anderson  
Jada Dickinson  
Ava Harlos

### BEST RACE

Isaac Currie  
Ava Harlos  
Macy Harlos

# AWARDS NOMINEES

## Cougars

### ATTENDANCE

Matthew Brough  
Aden Dickinson  
Jenna Weldon

### MOST IMPROVED

Melissa Adelman  
Taylor Hebert  
Reese Nelson

### TEAM SPIRIT

Ben Bottrell  
Aden Dickinson  
Jenna Weldon

### BEST RACE

Melissa Adelman  
Matthew Brough  
Tariq Lashley

## Best Age Group Awards

### INTRO GIRLS

Amelia Firnesz  
Claire Nameth  
Sydney Purse  
Amanda Sun

### INTRO BOYS

Ander Gutierrez-Carabias  
Alen Le  
Mina Metry  
Jacob Zhao

### GIRLS 10-12

Sara Austin-Koyl  
Taylah Fisher  
Gillian Kimens

### BOYS 11-13

Clark Eisler  
Iker Gutierrez-Carabias  
Tryg Hansen

### GIRLS 13-14

Macy Harlos  
Jasmine Rogoza  
Cashis Taypotat

### BOYS 14-15

Josh Austin-Koyl  
Soren Hansen  
Nathaniel Pelzer

### GIRLS 15 & O

Melissa Adelman  
Taylor Hebert  
Chloe Hegi

### BOYS 16 & O

Matthew Brough  
Ovesh Purahoo  
Ben Stewart





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### 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. An information email will be sent out to attending swimmers prior to the meet. You can also see your swimmer's events on the OnDeck app or on the events page.

#### [Upcoming Events](#)

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

The Marlins are also looking for officials help at the meet. Marlins parents always help at our meets, so if any RODS parents are able to help for a session at this meet please sign up at the link below:

#### [Sign Up Genius](#)

### National Truth and Reconciliation Day

There will be no Junior Dolphin and Junior Cougars lessons on Monday, September 30. Please see your September schedules for changed training times. All training is at the Lawson on Monday.



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### Swim Sask Canada Games Development Camp

Congratulations to our RODS swimmers who were selected to attend the development camp in Saskatoon on November 9.

**Macy Harlos**

**Cashis Taypotat**

**Jasmine Rogoza**

**Gillian Kimens**

**Tenley Rogina**

**Joshua Austin-Koyl**

**Soren Hansen**

**Owen Eisler**

**Nathaniel Pelzer**

**Inigo Gutierrez-Carabias**

### 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 and there are many available shifts. 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)

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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!

### New Team Officials Shirts

We have new lightweight, athletic fabric officials shirts. These are the red polo shirts with Dolphins team logo for level 2 officials and higher. They are available at the office and are \$20.



### 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).

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### 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



<b>STROKE &amp; TURN</b> SUNDAY, SEPTEMBER 22 8:30 AM - 12:30 PM Sign up by 8am on Sept 19	<b>STARTER</b> THURSDAY, OCTOBER 24 6:30 PM - 8:30 PM Sign up by 8am on Oct 22
<b>STARTER</b> MONDAY, SEPTEMBER 23 6:30 PM - 8:30 PM Sign up by 8am on Sept 20	<b>STROKE &amp; TURN</b> SATURDAY, OCTOBER 26 1:00 PM - 5:00 PM Sign up by 8am on Oct 24
<b>MEET MANAGER</b> SATURDAY, OCTOBER 19 8:30 AM-12:30 PM Sign up by 8am on Oct 17	<b>STARTER</b> WEDNESDAY, NOVEMBER 13 6:30 PM-8:30 PM Sign up by 8am on Nov 12
<b>CFJ/CJE/RECORDER</b> SUNDAY, OCTOBER 20 8:30 am - 12:30 pm Sign up by 8am on Oct 17	<b>STROKE &amp; TURN</b> 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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### 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:** Prospect, Junior Provincial, Junior National, Elite

**Prospect and up swimmers are automatically signed up.** Decline date is October 9 if unable to attend.

**Bus Travel:** bus will leave after practice Thursday, October 31

**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 November 4 if unable to attend. Intro swimmers are encouraged to sign up by November 4.

**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. Otherwise, it will be self travel, swimmers can carpool, parents can request hotel rooms in our block (\$124)

**Hotel:** Home Inn, 235 Willis Cres, Saskatoon

**Chaperones:** TBD

**Coaches:** Coach Mitchell and Coach Rick

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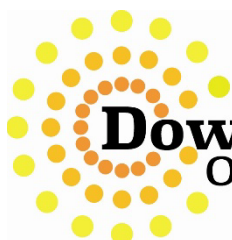


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AIR CANADA 

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**balloon bar**  
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*Tim Hortons*

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