



TEAM NEWSLETTER

October 29, 2025

Upcoming Events

South Sask Racing Series #1 – November 2

Black and Green Meet #1 – November 7

Winter Solstice Swim Meet – November 29-30

2025 Awards Gala – Stars of the Pool

Photos from the Awards Gala are available online. Thanks to Graham Purse for photographing our event!

[Awards Gala Photos](#)



South Sask Racing Series #1

We have 59 swimmers attending the first racing series of the season in Moose Jaw this Sunday. Meet details have been sent separately. Good luck to all swimmers!

Black and Green Meet #1

Location: University of Regina pool

Date: Friday, November 7 (430-630PM)

Groups: Prospect, Intro Gold, Intro Silver, Intro Bronze Plus, Intro Bronze

Please confirm attendance on the Sports Engine Motion app or the events page [LINK](#)

Regina Optimist Dolphins Swim Team

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

Office Address: 1717 Elphinstone Street, Regina

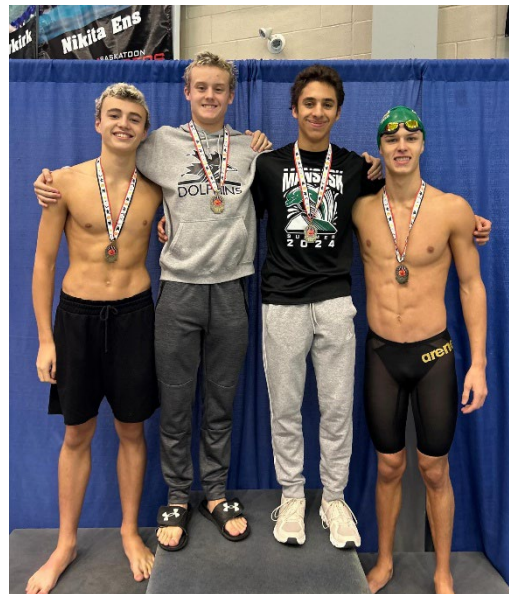
Email: office@reginadolphins.com Phone: 306-586-3909

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Spooktacular Goldfins Invitational

The RODS had a great meet at the Goldfins Spooktacular in Saskatoon. There were many exciting races, best times and medals. Highlights include the boys 400 Free relay breaking the meet record (congrats Owen, Soren, Inigo, and Josh AK), Faith and Daniel both qualifying for ManSask with AA times, Cohen requalifying for ManSask in 50 breast, Berlin getting her AA in 200 free, Sydney getting her 13yo AA - so is very close to qualifying for ManSask, and more. Congratulations everyone on a great meet!



RODS Winter Solstice Swim Meet

Location: Lawson Aquatic Centre

Groups: All Intro to Competitive Groups, Prospect, Junior Provincial, Junior National, Elite

Dates: Saturday, November 29 - Sunday, November 30

This is a RODS-hosted event and participating swimmers in Prospect and higher groups must have a parent officiating at 2 of the sessions. Sign-up is OPEN.

All Intro swimmers are encouraged to attend this developmental meet. Sign up is on the SE Motion App or on the website Events Page. There are entry fees to attend this sanctioned event.

[EVENTS PAGE LINK](#)



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Chaperones are needed for the Prairie Winter Invitational (PWI) in Winnipeg December 11-14. Please contact the office if you are available.

Fundraising

Bingo shifts are posted for October and 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](#)



Christmas Gift Card Fundraiser

Beginning November 7, the FundScrip gift card fundraiser will run until November 28 for delivery of cards before Christmas. All information will be sent out separately next week.



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World Cup Toronto 2025

RODS swimmer **Matthew Brough** represented Regina on the international stage at the 2025 World Aquatics World Cup in Toronto, competing in the 50m Backstroke, 100m Freestyle, and 100m Backstroke.

Coach Baylee shared that Matthew's success comes from years of steady commitment and consistent training. "He's one of those swimmers who stayed in the game, kept learning, and kept working hard," he said.

For Matthew, the meet was both humbling and inspiring. "It meant a lot to represent Regina, both the university and the Dolphins. Hopefully it inspires kids or teammates who want to make it to an event like this," he shared.

Congratulations, Matthew, on an incredible experience at the World Cup. The entire RODS community is proud to celebrate your hard work and dedication.



Boys Team Suit

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