



# BLUE 1

# LTAD Stage: Train to Train

This is our fourth competitive level for swimmers aged 10-12 who are performing beyond the W3 program in competition and in practice. Swimmers will start to attend 3-4-day Invitationals in addition to attending Jr. Provincials, Manitoba/Saskatchewan Championships and out of province competitions. The outcome goals are to become an “all around swimmer”, to race long distance and Individual Medley, to learn the process of training towards a peak meet, and to communicate with your coach. Mental Skills include goal setting progressively from meet to meet through self-reflection.

## TENTATIVE WEEKLY TRAINING SCHEDULE

All swimming will be at the Shaw. \*Depending on pool time.

Monday	Wednesday	Thursday	Friday	Saturday
				7:30 - 10:00 a.m.
5:30 - 7:30 p.m.	5:30 - 7:30 p.m.	5:45 - 7:30 p.m.	5:30 - 7:30 p.m.	

## COMPETITION D

Blue meet: In training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Meet Name	Date	Location	Groups Attending	Team Travel
Goldfins Racing Series 1	September 27,2025	Saskatoon	W1, W2, W3, B1, Masters	Hosted meet
Norman Banfield Memorial	October 4-5, 2025	Regina	B1, B2, B3, G1, G2	No
Goldfins Invitational	October 24-26, 2025	Saskatoon	B1, B2, B3, G1, G2, G3	Hosted meet
Goldfins Racing Series 2	November 15, 2025	Saskatoon	W1, W2, W3, B1, Masters	Hosted meet
ROD Winter Solstice	November 28-30, 2025	Regina	W1, W2, W3, B1, B2, B3	No
ROD Optimist Cup	January 16-18, 2026	Regina	W1, W2, W3, B1, B2, B3, G1, G2	No
Goldfins Winter Whiteout	February 6-8, 2026	Saskatoon	W3, B1, B2, B3, G1, G2, G3	Hosted meet
Jr. Provincials	Feb 27 - Mar 1, 2026	Moose Jaw	All qualified swimmers (all groups)	No
Goldfins Racing Series 3	March 7, 2026	Saskatoon	W1, W2, W3, B1, Masters	Hosted meet
Podfest	TBA	North Battleford	W1, W2, W3, B1, B2	No
Lasers Invitational	April 16-19, 2026	Saskatoon	W1, W2, W3, B1, B2, B3, G1, G2	No
Goldfins Racing Series 4	May 2, 2026	Saskatoon	W1, W2, W3, B1, Masters	Hosted meet
Michelle Moore	May 8-10, 2026	Regina	W3, B1, B2, B3, G1, G2	No
Blue vs Gold	June 13, 2026	Saskatoon	Club Wide	Hosted meet
Jr. Provincials	June 20-21, 2026	Saskatoon	W1, W2, W3, B1, B2, B3, G1, G2	No
ManSask LCM	July 9-12, 2026	Saskatoon	All qualified swimmers (all groups)	Hosted meet



Excellence in sport, excellence in life.

- Team T-Shirt
  - Team Cap
  - Goggles
  - Snorkel: Michael Phelps or Finis Jr
  - Junior One-Piece Pull Buoy
  - Speedo Training Paddles
- Fins: Speedo or Arena Pro MUST BE SHORT BLADE
  - Mesh Bag
  - Skipping Rope
  - Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.