



This is our fifth competitive level for swimmers aged 12-14 who are performing beyond the B1 program in competition and in practice. Swimmers will attend 3-4-day Invitationals in addition to attending Jr. Provincials, Manitoba/Saskatchewan Championships and out of province competitions. The outcome goals are to race all events, to improve distance swims in training, to build a positive view of self, and to introduce leadership opportunities. Mental Skills include seasonal goal setting (short term).

TENTATIVE WEEKLY TRAINING SCHEDULE

All swimming will be at the Shaw.

Monday	Wednesday	Thursday	Friday	Saturday
				7:30 - 10:00 a.m.
5:30 - 7:30 p.m.		5:30 - 7:30 p.m.	5:30 - 7:30 p.m.	3:45 - 6:00 p.m.

COMPETITION SCHEDULE

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
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
ROD Winter Solstice	November 28-30, 2025	Regina	W1, W2, W3, B1, B2, B3	No
Prairie Winter Invitational	December 5-8, 2025	Winnipeg	B1, B2, B3, G1, G2	Yes
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
ManSask SCM	March 12-15, 2026	Winnipeg	All qualified swimmers (all groups)	Yes
Podfest	TBD	North Battleford	W1, W2, W3, B1, B2	No
Lasers Invitational	April 16-19, 2026	Saskatoon	W1, W2, W3, B1, B2, B3, G1, G2	No
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



- 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.