



# BLUE 3

## LTAD Stage: Train to Train

This is our first high school competitive level for swimmers aged 15-18 who are performing beyond the B2 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 continued improvement in training and competition, conversions to a best stroke/race, to allow for outside of swimming activities, and to have in season and peak season expectations. Mental Skills include creating an “ideal” performance state.

### TENTATIVE WEEKLY TRAINING SCHEDULE

All swimming will be at the Shaw.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 – 7:30 a.m.	5:30 – 7:30 a.m.	5:30 – 7:30 a.m.	5:30 – 7:30 a.m.	5:30 – 7:30 a.m.	5:30 – 7:30 a.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
Man/Sask SCM	March 12-15, 2026	Regina	All qualified swimmers (all groups)	Yes
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	No
Jr. Provincials	June 20-21, 2026	Saskatoon	W1, W2, W3, B1, B2, B3, G1, G2	No
ManSask 2 LCM	July 9-12, 2025	Winnipeg	All qualified swimmers (all groups)	Yes



- 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.