



# GOLD 3 PROVINCIAL

## LTAD Stage: Train to Compete

This our second high school competitive level for swimmers aged 13-18 who are performing beyond the G2/B3 program in competition and in practice. Swimmers will attend 3-4 day Invitationals in addition to attending Jr. Provincials, Manitoba/Saskatchewan Championships, out of province competitions and aim to qualify for national level meets. The outcome goals are to enhance an athlete’s lifestyle (sleep/nutrition), to lead through example at competitions, to begin sprint training, and to have in season and peak season meet expectations. Mental Skills include getting to an “ideal” performance state at big meets.

### TENTATIVE WEEKLY TRAINING SCHEDULE

All swimming will be at the Shaw. \*SC = Strength & Conditioning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 – 7:45 a.m.	5:30 – 7:45 a.m.	5:30 – 7:45 a.m.	5:30 – 7:45 a.m.	5:30 – 7:45 a.m.	5:30 – 7:45 a.m.
					S&C 8:30 – 9:30 a.m.
		4:15 – 6:30 p.m.	S&C* 4:00 – 5:00 p.m.		3:45–6:00 pm

### 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
Goldfins Invitational	October 24-26, 2025	Saskatoon	B1, B2, B3, G1, G2, G3	Hosted meet
TBD	TBD	TBD	G3	TBD
Ontario Jr. International	December 11-14, 2025	Toronto	G3	Yes
JP Fiset	December 11-14, 2025	Edmonton	G1, G2, G3	Yes
Godlfins Winter Whiteout	February 6-8, 2026	Saskatoon	W3, B1, B2, B3, G1, G2, G3	Hosted meet
ManSask SCM	March 12-15, 2026	Winnipeg	All qualified swimmers (all groups)	Yes
Travel Camp	TBA	TBA	TBA	Yes
CSI	May 20-June 1, 2026	Calgary	G1, G2, G3	Yes
TBD	TBD	TBD	TBD	TBD
Mel Zajac Jr. International	June 6-8, 2026	Vancouver	G3	Yes
Blue vs. Gold	June 13, 2026	Saskatoon	Club Wide	Hosted meet
Cdn Swimming Trials	July 5-9, 2026	Montreal	G3	Yes
ManSask LCM	July 9-12, 2026	Saskatoon	All qualified swimmers (all groups)	Hosted meet
Summer Championships Travel Tour	July 2026	TBD	G1, G2, G3	Yes



- Team T-Shirt
  - Team Cap
  - Goggles
  - Snorkel: Michael Phelps or Finis Jr
  - Junior One-Piece Pull Buoy
  - Speedo Training Paddles
- Speedo Finger 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.