



This is our sixth competitive level for swimmers aged 12-15 who are performing beyond the G1 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 develop an athlete’s lifestyle (sleep/nutrition), to lead through example, to communicate with the coach, and to have in season and peak season meet 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 – 8:30 a.m.
4:15–6:30 p.m.	4:15–6:30 p.m.	4:15–6:30 p.m.	4:15 – 6:30 p.m.	4:15 – 6:30 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
Prairie Winter Invitational	December 5-8, 2025	Winnipeg	B1, B2, B3, G1, G2	Yes
ROD Optimist Cup	Janurary 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
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
CSI	May 29-June 1, 2026	Calgary	G1, G2, G3	Yes
Blue Vs. Gold	June 13, 2026	Sasktoon	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	Sasktoon	All qualified swimmers (all groups)	Hosted meet
Summer Championships Travel Tour	July TBD	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.