



This our second high school competitive level for swimmers aged 15–18 who have at least 3 Swim Saskatchewan AA times are interested in perusing the short (50–100m) events as their primary focus in high school. 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 the 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 10:30 – 11:30 a.m. |
| | S&C 4:00–5:00 pm | | S&C 4:00 – 5:00 p.m. | | 3:30 – 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 |
|----------------------------------|----------------------|-----------|-------------------------------------|-------------|
| 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 |
| Goldfins 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 | TBD | TBD | G3 | Yes |
| TBD | TBD | TBD | G3 | TBD |
| CSI | May 29–June 1, 2026 | Calgary | G1, G2, G3 | Yes |
| 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.