



WHITE 1

LTAD Stage: Learn to Train

This is our entry level competitive swim group for swimmers aged 7-9 who have completed the JR Goldfins program and/or lifesaving equivalent. Swimmers will learn about swim meet format, regulations and supporting each other as a team. The outcome goals are to foster a love of swimming, to develop friendships, to advance all 4 competitive swim strokes, and to get swimmers competition ready. Mental skills include daily goal setting.

TENTATIVE WEEKLY TRAINING SCHEDULE

There are two options available. All swimming will be at the Shaw.

WHITE 1 – EARLY		
Monday	Wednesday	Saturday
		9:45 – 11:30 a.m.
4:15–6:00 p.m.	4:15–6:00 p.m.	

WHITE 1 – LATE		
Monday	Wednesday	Saturday
		9:45 – 11:30 a.m.
5:45 – 7:30 p.m.	6:00 – 7:45 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 Racing Series 1	September 27, 2025	Saskatoon	W1, W2, W3, B1, Masters	Hosted meet
Goldfins Racing Series 2	November 15, 2025	Saskatoon	W1, W2, W3, B1, Masters	Hosted meet
ROD Winter Solstice	November 28–30, 2025	Regina	W1, W2, W3, B1, B2, B3	No
ROD Optimist Cup	January 16–18, 2026	Regina	W1, W2, W3, B1, B2, B3, G1, G2	No
Jr. Provincials	Feb 27–Mar 1, 2026	Moose Jaw	All qualified swimmers (all groups)	No
Goldfins Racing Series 3	March 7, 2026	Saskatoon	W1, W2, W3, B1, Masters	Hosted meet
Podfest	TBA	North Battleford	W1, W2, W3, B1, B2	No
Lasers Invitational	April 16–19, 2026	Saskatoon	All qualified swimmers (all groups)	No
Goldfins Racing Series 4	May 2, 2026	Saskatoon	W1, W2, W3, B1, Masters	Hosted meet
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



- Team T-Shirt
- Team Cap
- Goggles
- Snorkel: Michael Phelps or Finis Jr
- Junior One-Piece Pull Buoy
- Fins: Speedo or Arena Pro MUST BE SHORT BLADE
- Mesh Bag
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.