



This is our third competitive level for swimmers aged 9-11 who are performing beyond the W2 program in competition and in practice. Swimmers will start looking to qualify for Jr. Provincials and for Manitoba/Saskatchewan Championships. The outcome goals are to introduce longer swims in training, to become a role model through action, to test skills under pressure, and to set and be part of attaining group/TEAM goals. Mental Skills include setting technical goals for each practice and race.

TENTATIVE WEEKLY TRAINING SCHEDULE

All swimming will be at the Shaw.

Monday	Wednesday	Friday	Saturday
			9:45 - 11:30 a.m.
5:45 - 7:30 p.m.	5:45 - 7:30 p.m.	5:45 - 7:30 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
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
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
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
Michelle Moore	May 8-10, 2026	Regina	W3, B1, B2, B3, G1, G2	No
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.