



2022-23 LTAD Stage: Learn To Train Swim Group: White 1

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 three options available. All swimming will be at the Shaw.

Option #1			Option #2		
Monday	Wednesday	Saturday	Monday	Wednesday	Saturday
		10:00-11:30 am			10:00-11:30 am
4:15-6:00 pm	4:15-6:00 pm		5:45-7:30 pm	5:45-7:30 pm	

OR

Option #3		
Tuesday	Thursday	Saturday
		10:00-11:30 am
4:15-6:00 pm	4:15-6:00 pm	

Competition Schedule

Blue Meet = unsanctioned (unofficial)

Gold Meet = sanctioned (official)

Meet Name	Date	Location	Groups Attending	Team Travel
Goldfins Skill Series	September	Shaw	W1, W2, W3	No
Fall Breakout	Oct 22-23, 2022	Regina	All Groups	Yes
Goldfins Skill Series	October	Shaw	W1, W2, W3	No
GOLD Invitational	Nov 4-6, 2022	Saskatoon	All Groups	Hosted meet
Lasers Developmental	Nov 26, 2022	Saskatoon	All Groups	No
ROD Christmas Party	Dec 17-18, 2022	Regina	W1, W2, W3, B12, B14	No
ROD Optimist Cup	Jan 14-15, 2023	Regina	W1, W2, W3, B12, B14	No
Al Anderson's Winter Classic	Feb 3-5, 2023	Saskatoon	All Groups	Hosted meet
Goldfins Skill Series	March	Shaw	W1, W2, W3	No
JR Provincials	Mar 17-19, 2023	Moose Jaw	All qualified swimmers (<i>all groups</i>)	No
Swift Current Meet	Apr 1, 2023	Swift Current	W1, W2, W3, B12, B14	Yes
Goldfins Skill Series	April	Shaw	W1, W2, W3	No
Laser Invitational	Apr 28-30, 2023	Saskatoon	All Groups	No
Michelle Moore	May 26-28, 2023	Regina	W1, W2, W3, B12, B14, B18, G14	No
Goldfins Skill Series	June	Shaw	W1, W2, W3	No
Summerfest	June 24-25, 2023	Moose Jaw	W1, W2, W3, B12, B14	No

EQUIPMENT:

Team T-Shirt

Team Cap

Goggles

Fins – Speedo or Arena Pro **MUST BE SHORT BLADE**

Snorkel – Michael Phelps or Finis Jr

Junior One-Piece Pull Buoy

Mesh Bag

Gym clothing (All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.)