



2022-23 LTAD Stage: Learn To Train Swim Group: White 2

This is our second competitive level for swimmers aged 8-10 who are performing beyond the W1 program in competition and in practice. Swimmers will be familiar with competition and will be working to build on their racing experiences. The outcome goals are the introduction of longer races, build positive relationships with teammates, advance all 4 strokes, and to see the value of hard and consistent work. Mental Skills include “just do it”, and go and give it your best shot.

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.)