



## 2022-23 LTAD Stage: Learn To Train Swim Group: White 3

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 am
5:45-7:30 pm	5:45-7:30 pm	5:45-7:30 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.)