



Hello to the Junior Goldfins swimmers and to their families:

The Saskatoon Goldfins Swim Club welcomes you to another exciting season of swimming. As many of you know, the closure of the Harry Bailey Aquatic Centre has presented limited space for Goldfins programming. The Goldfins Swim Club's coaching staff have been working diligently behind the scenes to attempt to create space to admit as many interested members as possible.

During the month of September 2022, the Goldfins coaching staff will be assessing swimmers to determine if proper swimmer placement in the program has taken place. If changes need to be made to ensure your swimmer is being properly challenged, you will be contacted to consider moving to appropriate level placement, more advanced lessons, or your swimmer will receive an invitation to join the competitive swim club – Goldfins White 1 level (3X/week).

**The Junior Goldfins lessons are set to get underway, starting on Sunday, September 11, 2022.**

For all **Junior Goldfins Swimming Lesson 2022 – 2023 Program Calendar Information**, visit: <https://www.teamunify.com/team/cansgsc/page/junior-goldfins-lessons/junior-goldfins-program-calendar>

**Where Learning and Laughter is Guaranteed**



**Saskatoon Junior Goldfins  
Learn to Race Swimming Lessons**

Please ensure you are bringing your swimmer to the Junior Goldfins lessons you have registered your swimmers to attend i.e., correct days/times. The Club does not have space to accommodate swimmers in lessons that they have not pre-registered

in. Therefore, if you are unsure of which day/time you have registered your child please contact me to confirm their program placement. Please have your swimmer arrive on pool deck for their lesson, no more than five (5) minutes prior to the start of their scheduled lesson. This will help to keep the Goldfins' deck space available for dryland programming.

## SASKATOON JUNIOR GOLDFINS

### Our goal is GRADUATION



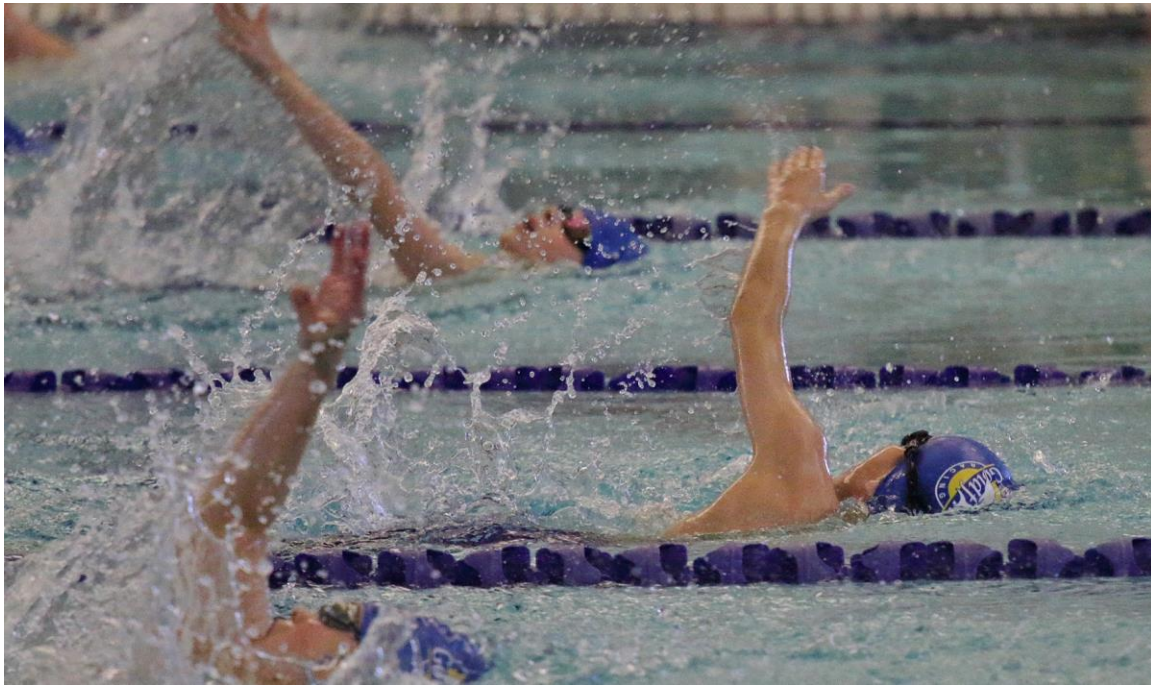
The Junior Goldfins Swimming Lesson Program is designed to prepare swimmers to graduate into the Saskatoon Goldfins Swim Club competitive program. The Saskatoon Junior Goldfins program serves as an excellent preparation step for those swimmers who look forward in taking the next step in perfecting swimming technique and building endurance skills.

Swimmers focus on improving technical execution of the four competitive strokes and accompanying competitive skills, while building endurance and speed technique. Swimmers register for appropriate age/stage lesson levels; Novice, Bronze, Silver and Gold.

Endurance and speed requirements increase as swimmers move through the four groups beginning with single 5 – 25M stroke/skill execution, progressing into continuous 100M Freestyle and Backstroke event completion.

Swimmers are taught competitive skills: flip turns, transitions from one stroke into another and dive starts. Although this program is pre-competitive, the program features opportunities for swimmers to embrace competition; learning to race in skill testing events and at the *Little Caesars Fun Meets (December 2022, March 2023 and May 2023)*

All four stroke segments are introduced in a progressive manner: Freestyle, Backstroke, Breaststroke and Butterfly.



Swimmers are also provided with introductory instruction on the rules of competitive swimming. This program provides a progressive learning scheme to bridge the step between “learning to swim” to “learning to race”!



The Saskatoon Junior Goldfins Program is affiliated and operates under Swimming Canada’s guidelines. All members must complete Swimming Canada’s registration. Your swimmer will receive an automatically generated email in mid-September. This email will ask you to confirm your swimmer’s registration information and your family's contact information. You must complete this step-in order to have your swimmer continue to participate in the program.



**Junior Goldfins 2022-2023 Equipment Lists:**

Bronze, Silver, and Gold - Kickboard, Fins (short-blade recommended), goggles (swimming style, not scuba length), tight-fitting swimsuit, swim cap (recommended)

Novice - Kickboard, Goggles (*swimming style, not scuba*), Right-fitting swimsuit, Swim cap (recommended)

Tight Fitting Competitive Swim Suit Examples as pictured below: (*Royal Blue is preferable*)





We realize that some of the equipment orders will not arrive until later September 2022. Coaches will be aware of this situation and will make accommodations until all swimmers receive their equipment.

Please ensure that your swimmer's equipment is marked with a **permanent marker** with their name as to prevent loss.

Al Anderson's Source for Sports has partnered with the Saskatoon Goldfins Swim Club to assist our members with their equipment/team gear purchases. Visit Al Anderson's Source for Sports to purchase your equipment and to order team clothing.

Contact: **Tina Zimonick** Equipment Coordinator has Goldfins Swim Caps for sale. Email: [goldfinsequipment@gmail.com](mailto:goldfinsequipment@gmail.com) to arrange the purchasing of these caps.

Please direct all Junior Goldfins program/lesson inquiries to Jennifer Robinson – Goldfins Head Development Coach, by emailing [jennifer@goldfins.ca](mailto:jennifer@goldfins.ca).

See you at the pool!

