

JUNE 23, 2026

ALBERTA ARTISTIC SWIMMING

PROVINCIAL TEAM NEWSLETTER

This past weekend marked the first training camp of the season for our 11-12, Youth, and Junior Provincial Teams. Athletes trained together on June 20-21 at the Kinsmen Sports Centre in Edmonton, beginning an exciting summer of development and preparation.

Our 11-12 and Youth Teams will spend the summer training and preparing to compete at the Canada Cup Age Group Championships in Montreal from August 24-29. Athletes will continue to build their skills and routines as they work toward a successful competition season.

Our Junior/Senior Team will dedicate the summer to training and challenging themselves in preparation for next season and future National Team trials. Their focus will be on continued technical development and gaining valuable experience for the next stage of their athletic journey.

We wish all of our athletes and coaches the very best this summer and look forward to watching their hard work and dedication shine throughout the season. Good luck to everyone!



YOUTH DEVELOPMENT TEAM

Our Youth Development Team will be competing with the Purge routine this summer. Athletes spent the weekend learning choreography and making adaptations to highlight the unique strengths of the team. They also worked on a variety of acrobatic elements to enhance their overall performance.

YOUTH PERFORMANCE TEAM

Our Youth Performance Team will be competing with their Spartan routine this summer. This weekend, athletes focused on learning new choreography and pattern work while also developing acrobatic skills designed to showcase the team's strengths.



11-12 TEAM

The 11-12 Team dedicated the weekend to learning the choreography they will be competing with this summer. In addition, athletes focused on executing patterns and refining their synchronization.



JUNIORS/SENIORS

Our Junior & Seniors concentrated on technical development, including thrust elements, split boost spins, thrust catches, ballet legs, off-angle spins, vertical holds with choreography, and back-strength exercises for flexibility movements. Athletes also began learning their individual extra routines and continued studying choreography inspired by teams that competed at the World Cups. Acrobatic training focused primarily on platforms, balances, and one partner acrobatic element.