

JUNE 29, 2026

ALBERTA ARTISTIC SWIMMING

PROVINCIAL TEAM NEWSLETTER

This past weekend marked the second training camp of the season for our 11-12, Youth, and Junior Provincial Teams. Athletes trained together on June 27-28 at the Kinsmen Sports Centre in Edmonton. We couldn't be prouder of everything our Provincial Teams accomplished over these two weekends of training together. We can't wait to welcome everyone back to the pool in August as we continue preparing for an exciting season ahead!



11-12 TEAM UPDATE

Our swimmers have been working hard to learn the team routine and perfect their hybrid counts. Their dedication and focus have been evident throughout training.

We also had the opportunity to work on additional routines, and it's been exciting to see the progress and promise they are showing with each practice.

On the technical side, the athletes have been focusing on rotations and knight positions, continuing to build strength, precision, and confidence in the water.

We are excited to have the group back together in August and can't wait to see all of their hard work come together!

JUNIORS/SENIORS UPDATE

Our Junior and Senior athletes focused on developing their solo routines while learning Spain's Technical Team routine. They continued refining their technical skills, including elements, spins, off-angles, twirls, thrusts, flexibility, ballet legs, and support sculls.

The athletes also worked on partner acrobatics, back dives, and finished the weekend with foot dexterity training. It was an incredible weekend of learning and growth!



JUNE 23, 2026

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YOUTH PERFORMANCE TEAM UPDATE

The Youth Performance Team spent the weekend reviewing solos and duets, while completing the final choreography changes to their team routine. Athletes were challenged to learn new pattern positions, showing great adaptability and teamwork.

They also began reviewing their figure training focuses for July, with individual figure goals being shared in the team group chat. July's focus is all about land drills and review, ensuring everyone is ready to hit the ground running when we return to the pool in August.

Throughout July, athletes are encouraged to continue working on flexibility, extension, and overall fitness so they arrive at August camp physically prepared. With only a short training camp before we head to

Montreal for the Canada Cup, every bit of preparation counts! Most importantly, we hope our athletes enjoy their summer with family and friends. Be a kid! Spend time outside, swim in the lake, ride your bike, and stay active with activities like Pilates or yoga.

Super proud of the 2 weekends we all trained together!! Can't wait to see everyone in August.



YOUTH DEVELOPMENT TEAM UPDATE

The Youth Development Team completed their choreography changes and continued developing their pattern work and technical routine skills. Athletes spent time on landdrill, building confidence in the routine changes so they can continue practicing throughout July.

This team has been asked to focus on stretching, landdrill, and enjoying an active summer. We are incredibly proud of how quickly they learned a full routine and adapted to choreography changes in just two weekends!

Looking forward to their return to the pool in August!

