

LAST TOP GUN FOR THE YEAR!!

Held with Wanneroo Breakers

TOP GUN no. 6 was held on the 25/01/10

All swim times are on the ASC club board.

We hope you had a good time and tried your hardest with your racing.
Thanks to those parents and swimmers that helped out to make the event run smoothly.

KICK BUTT JUNIORS!!!

Tips:

Butterfly

- Both arms must clear the water completely
- Both arms must move at exactly the same time evenly
- Feet must kick up and down together
- Touch wall with 2 hands

Backstroke

- Kick hard
- Arm stroke fast and with good technique
- Touch wall on your back

Freestyle

- Head still & look down
- 6 beat kick – FAST & STRONG!

Breaststroke

- Look down, backside up
- Finish kick before arms start
- Split stroke!!

● Touch wall with 2 hands

Competitive members of the junior team that perform well at the TOP GUN sessions will be invited to the ASC Race Sessions in order to get more experience and gain 'AA' LC QUALIFYING TIMES to progress towards the INTERMEDIATE TEAM.

Swimmers must be competitive members of Arena Swim Club to be able to race at ASC Race Sessions and other outside of Arena races.

Can all swimmers please remain for the presentations until dismissed?

It is only fair that swimmers who have received awards are appreciated by all who attend, Cheers.

TOP GUN WINNERS – Well done, and please return your trophies before the next top gun.

WINNERS:

50 FLY – Hana Baker
50 BK – Bianca Webb

Records for each age will be a standard time for each age group which will be the state qualifying time for each individual event.

Top Gun winners will be a 2sec handicap between each age.

(i.e. a 8yrs/under does .48sec then 9year-old has to swim 2sec faster then that, so 46.00 is not enough they have to go 45.99 to win. Therefore the 10year-old has to go 43.98).

Swimmers who get disqualified will still get a time but will get DQ next to their time and are not eligible to win the Top-gun.

Swimmers who get DQ will be told what they need to work on by coaches or timekeepers after the race.

EVENTS	8 & under	9 years old	10 years old	11 year old
BRS	Kiara Webb 1.00.3	Niamh Jelley 57.00	Jessica Webb 54.10	Hana Baker 50.66
FS	Bianca Webb 43.37	Niamh Jelley 44.75	Jessica Webb 42.31	Demi Moralee- Hall 42.35