

# TOP GUN was held on the Friday 10<sup>th</sup> May 2013

All swim times are on the ASC notice board and ASC website!!!

We hope you had a good time and raced hard. A huge thank-you to all the parents and National swimmers that helped on the day. It is much appreciated.

## **Hot Tips:**

### Butterfly

- Touch with 2 hands
- 2 kicks per stroke
- Head down before hands

### Freestyle

- High elbows
- Fast kick
- Don't breathe first 3 strokes

### Breaststroke

- Head Still
- Eyes Down
- Glide

Competitive swimmers who swim well at top gun will be invited to attend the Race Session the following Friday in order to gain more experience and gain both JX and State Qualifying Times to progress towards the Intermediate Team.

**TOP GUN TROPHY WINNERS** - can you please return your trophies a few days before the next Top Gun. We will remind you when that will be!!



## TOP GUN WINNERS:

**50m Butterfly: - Jason Unuka**

**50m Breaststroke: - Alexandre Goudeau**

**50m Freestyle: - Adam Jonathon Booth**

## **RECORDS:**

	8 & under	9 years old	10 years old	11 years old	12 years old
FLY (FINZ)	Luke Burnett	Jack Penny	Mia Sutcliffe	Gareth Fowles	Emily Duke
	40.10	34.36	38.15	38.44	36.91
FLY	Maddison Horsfall	Megan McGloin	Ben Smith	Carys Donald	Georgia Bradley
	51.56	48.46	40.02	42.62	45.53
BK	Maddison Horsfall	Max Bremer	Alysha Neilan	Alysha Neilan	Jordan Reynolds
	49.75	47.07	42.57	42.27	42.03
BRS	Riley Warland	Max Bremer	Isabel Daines	Angela Cunningham	Wernau Roberts
	55.86	53.31	48.99	49.71	46.84
FS	Angus Clouston	Luciano Todoro	Isabel Daines	Dylan VanWyk	Jordan Reynolds
	42.78	39.60	38.54	36.51	36.63