



"TOP GUN"



Hey Junior Swimmers and Parents,

The next Junior Top Gun will run 4-5pm on:

Friday 10th May 2013!

This is an important part of Juniors training. Top Gun gives our Junior swimmers the opportunity to show their parents and coaches how far they have come so **100% attendance** is expected.

Warm-up is at **4pm**.

Aim to start at **4.15pm**

Junior Parents will time keep the events. Without your help the top guns cannot run effectively!

National Swimmers will be there to assist where needed.

Swimmers must do all events to be in the running for TOP GUN WINNERS.

Results will be on display on both the notice board and on the arena swim club website within the next week. Results are based on a 1 second handicap between age groups. (ie: an 8 year old does a 49.00 second time then a 9 year old must do a 48.00 second time to gain a record and a 10 year old a 47.00 second time and so on)



Junior Age Coaching Team

www.arenaswimclub.com.au