



# SASKATOON JUNIOR GOLDFINS UPDATES

HOT NEWS

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## Important dates:

Junior Goldfins Lessons Held on  
Thursday, Friday, & Sunday  
Moving to  
Harry Bailey Aquatic Centre:  
March 2 - 5, 2023

Little Caesars Winter Fun Meet  
March 10, 2023

Report Card Distribution  
March 24 - 28, 2023

Easter Break  
April 7 - 13, 2023

Kicking Krazy Celebration Event  
April 19 - 23, 2023

Junior Goldfins Kick Testing  
May 3 - 7, 2023

***JUNIOR GOLDFINS TIMED  
25M & 50M  
KICK TESTING RESULTS  
JANUARY 2023***



This season, the Junior Goldfins swimmers will be performing standardized kick testing. The Junior Goldfins Bronze Groups will be performing a timed 25M Freestyle Kick Test and the Junior Goldfins Silver & Gold Level Lessons will be performing a timed 50M Freestyle Kick Test. Results will be posted on the Saskatoon Goldfins website - Junior Goldfins Lessons Drop Down Tabs. Junior Goldfins results will be included in the Goldfins Swim Club's Global Testing Ranking Results. These rankings will be found on the Goldfins website under the tab: Goldfins 2023 Test Results





# TOP 3 JUNIOR GOLDFINS KICK TEST RESULTS - JANUARY 2023

## JR Goldfins T 25M Freestyle Kick

- #1 - Brette White - 33.10
- #2 - Stella Moore - 33.60
- #3 - Zoey Painchaud - 34.50



## JR Goldfins T 50M Freestyle Kick

- #1 - Yuri Zaluski - 56.32
- #2 - Steven Zhang - 1:00.34
- #3 - Minau Burrows - 1:03.78



# MOST IMPROVED JUNIOR GOLDFINS KICK TEST RESULTS - JANUARY 2023



## JR Goldfins T 25M Freestyle Kick

- #1 - Malak Emara - 44.25 - 54.9% Improvement
- #2 - Emma Huang - 37.80 - 53.9% Improvement
- #3 - Logan Johnson - 39.10 - 44.2% Improvement

## JR Goldfins T 50M Freestyle Kick

- #1 - Andrew Neudorf - 1:04.21 - 37.8% Improvement
- #2 - Liva Dalshaug - 1:47.22 - 28.1% Improvement
- #3 - Elliott Bourassa - 1:30.18 - 22.9% Improvement





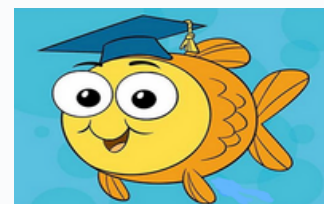
# JUNIOR GOLDFINS 2023 WINTER GRADUATES



The Saskatoon Goldfins Board of Directors and Coaches would like to congratulate the following Saskatoon Junior Goldfins swimmers as they have recently graduated to the Saskatoon Goldfins Swim Club's White 1 competitive training program.



Xihan Yang  
Rebecca Xu  
Forest Fourney  
Sophie Nguyen  
Danny Wang



These swimmers will train three times/week in the Club's first level of the competitive program. Swimmers select two weekly training days (Mondays and Wednesdays or Tuesdays/Thursdays (Shaw Centre)). These swimmers then join the entire White 1 group as they gather together to train on Saturday mornings at the Shaw Centre.

The White 1 program is designed to transition swimmers into competitive swimming. Swimmers will develop technical, tactical, and training swimming skills in this engaging progressive program. Swimmers compete in local swim meets as well as swim meets that are designed to support introductory competitive opportunities.







# ***JUNIOR GOLDFINS***

## ***LITTLE CAESARS 2023 WINTER FUN MEET***

The Saskatoon Goldfins Swim Club will be hosting the second Little Caesars Swim Meet of the 2022 - 2023 swim season.

The meet is for all swimmers who are registered in:  
Junior Goldfins: Bronze, Silver, & Gold Levels

Swimmers will race in a variety of events, based on their level.  
All swimmers will be pre-entered into their races, allowing for organized heats and the use of the Jumbo Score Board!

**Registration Deadline: Monday, March 6, 2023**

All swimmers **MUST** be pre-registered to participate in this meet.

- 5:15 PM – Swimmers arrive on Deck
- 5:30 - 5:55 PM - Warm-Ups
- 6:00 - 8:00 PM - Racing
- Little Caesars Pizza To Follow



We are in need of parent volunteers to serve as timers at this event. Please register on the event page: <https://bit.ly/3HTJC00>

Meet Information and Results will be found on the Meet Mobile App  
Please note that the Donated Pizza is for Swimmers and Volunteers Only.

