



Vol.1

October 2022

SASKATOON JUNIOR GOLDFINS UPDATES

HOT NEWS



SASKATOON JUNIOR GOLDFINS SWIMMING LESSON PROGRAM MAKES A SPLASH IN SEPTEMBER

The Saskatoon Junior Goldfins Swimming Lesson Program "Splashed Down" into September as the Goldfins Swim Club welcomed over 250 Junior Goldfins into the Junior Goldfins Program this season.

This season, the Program will continue to bridge the Junior Goldfins Swimming Lesson Program to the Saskatoon Goldfins Competitive Swim Club Age Group Program. Junior Goldfins swimmers will be offered a variety of racing opportunities throughout this exciting swim season. We look forward to seeing our Juniors "Take Their Marks!"

important dates:

**Kicking Crazy Celebration Event
October 26, 27 & 30, 2022**

**Halloween Theme Training Day
October 31, 2022**

**Saskatoon Goldfins 46th Invitational
Swim Meet
November 4 - 6, 2022 (No Lessons)**

**Remembrance Day (No Lessons)
November 11, 2022**

**Report Card Distribution
November 23 - 27, 2022**

**Little Caesars 2022 Fall Fun Meet
December 2, 2022**



SASKATOON GOLDFINS SWIM CLUB



JUNIOR GOLDFINS TIMED 25M KICK & 50M KICK TESTING RESULTS - SEPTEMBER 2022

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 - SEPTEMBER 2022

JR Goldfins T 25M Freestyle Kick

- #1 - Summer Grajo - 30.90
- #2 - Kinley Cavanaugh - 31.00
- #3 - Brette White - 34.00

JR Goldfins T 50M Freestyle Kick

- #1 - Steven Zhang - 1:01.00
- #2 - Luke Fatteicher - 1:03.97
- #3 - Katie Zapshalla - 1:05.46



MOST IMPROVED JUNIOR GOLDFINS KICK TEST RESULTS - SEPTEMBER 2022

JR Goldfins T 25M Freestyle Kick

- #1 - Daniel Mu - 1:06.38 - 39.7% Improvement
- #2 - Nicholas Chow - 44.00 - 35.3% Improvement
- #3 - Kris Xu - 1:14.48 - 32.3% Improvement

JR Goldfins T 50M Freestyle Kick

- #1 - Ruby Bloor - 1:14.00 - 33.9% Improvement
- #2 - Scarlett Baier - 1:31.00 - 26.0% Improvement
- #3 - Ryland McAvoy - 1:25.40 - 13.7% Improvement



JUNIOR GOLDFINS SWIMMING LESSON PROGRAM KICKING KRAZY CELEBRATION EVENT

**TO BE HELD
DURING REGULARLY
SCHEDULED LESSONS
OCTOBER 26 - 30, 2022**

SASKATOON JUNIOR GOLDFINS

**KICKING
KRAZY
CELEBRATION
EVENT**

During the week of October 26 - 30, 2022, Junior Goldfins swimmers (Bronze, Silver & Gold) will be participating in the first of the 2022-2023 Kicking Crazy Celebration Event series. This event will be held during the Junior Goldfins regularly scheduled lesson time slots. Swimmers will be taken through some brief warm-up activities, followed by a variety of kicking heats (25M) using an assortment of equipment. Prizes will be awarded to our heat winners. Following the kick events, swimmers will enjoy a "splash" of leisure fun with their coaches. The Junior Coaching Staff is eagerly looking forward to seeing the Juniors compete in this event.

JUNIOR GOLDFINS EQUIPMENT REMINDERS

Thank you for ensuring that your Junior Goldfins swimmers have purchased a tight fitting bathing suit, swimming goggles, swimming cap (Goldfins have these caps for sale if your swimmer requires one), a junior kickboard, and competitive swimming fins (short blade are preferred.)

Please mark all of your swimmers equipment with a permanent marker/splash of spray paint to ensure they have picked up the right equipment following their lesson.





JUNIOR GOLDFINS SWIMMING LESSON PROGRAM COACHING STAFF

Thomas Traves

Junior Goldfins Program Supervisor - thomas@goldfins.ca

Junior Goldfins Coaching Staff - Gold Lessons

Ana Wulff - Mondays/Wednesdays - ana@goldfins.ca

Thomas Traves - Tuesdays/Thursdays - thomas@goldfins.ca

Elena Park - Fridays/Sundays - elena@goldfins.ca

Junior Goldfins Coaching Staff - Silver Lessons

Mateya Olszinsky - Mondays/Wednesdays - mateya@goldfins.ca

Katherine Chang - Tuesdays/Thursdays - katherine@goldfins.ca

Mikaela Broten - Fridays/Sundays - mikaela@goldfins.ca

Ava Norman - Sundays - ava@goldfins.ca

Junior Goldfins Coaching Staff - Bronze Lessons

Nicole Soliduik - Mondays/Wednesdays - nicole@goldfins.ca

Brazil Nave - Mondays/Wednesdays - brazil@goldfins.ca

Mikaela Broten - Mondays/Wednesday - mikaela@goldfins.ca

Tiana Mildemberger - Tuesdays/Thursdays - tiana@goldfins.ca

Brazil Nave - Tuesday/sThursdays - brazil@goldfins.ca

Cassidy Darling - Fridays/Sundays - cassidy@goldfins.ca

Rhett Smith - Fridays/Sundays - rhett@goldfins.ca

Junior Goldfins Coaching Staff - Novice Lessons

Elena Park - Mondays/Wednesdays - elena@goldfins.ca

Katherine Chang - Tuesdays/Thursdays - katherine@goldfins.ca

Brazil Nave - Tuesdays/Thursdays - brazil@goldfins.ca

