



Growing Together For Success

ASHGROVE SCHOOL

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10th February 2020

Dear Parents/Caregivers,

Ashgrove Swimming Sports - Monday 17th February

Next week Ashgrove students will be attending our annual swimming sports. All Year 4-8 children will be participating in the event on Monday 17th February at the Dudley Aquatic Centre. If we have suitable weather we will have lunch in Dudley park. On the back of this notice is an outline of the days programme.

Please ensure that students have the following gear: two towels, swimming togs, jersey and jacket, sun screen, hat, packed lunch with plenty of good healthy snacks and plenty of water to drink. Students must have their sun hats and sunscreen as our lunch break will take place during peak burn time hours.

Programme Outline

- **At 10:00am – all Year 4,5 & 6 children** will begin their respective swimming events. These children will be walking to the pools leaving at 9:15am. After the Year 4, 5 & 6 swimming events (at approximately 12.30pm) the children will then proceed out to Dudley Park to have some lunch and recreation time before walking back to Ashgrove. If we do have inclement weather on the day, we will transport the children to and from the venue by bus.
- **At 1:00pm – all Year 7 & 8 children** will begin their respective swimming events. Children who are competent will be biking to the pool and will require their bike on the day, otherwise they will be walking to the pool with a teacher and parents. These children will be leaving Ashgrove at 11.45am to have an early lunch at Dudley Park. **After the Year 7 & 8 events the children will be dismissed for the day from Dudley Aquatics Centre.** If we do have inclement weather on the day, we will transport the children to and from the venue by bus.

Please ensure that gear is labelled and in a suitable carry bag. If you are able to help during the day could you please return the slip below to your child's ngahere teacher by Friday 14th February. ***Please only return the slip if your child is unable to bike, you are able to help or can swim in the relay.***

The swimming sports are a great day enjoyed by everyone and we look forward to seeing you there. Come and enjoy the swimming and join us for lunch in Dudley park.

Kind regards

Nigel Seaton
Sport Co-ordinator

Swimming Sports - Monday 17 February 2020

Please return to your child's ngahere teacher by Friday 14th February

- I can help walk Year 4-6 students to and from Dudley Pool
- I can help walk / bike Year 7-8 children to Dudley pool
- I can help at the pool with the Year 4-6 / Year 7-8 swimming sports
- I would like to swim in the relay (it's only 1 length!)
- My child is unable to bike to and from the Swimming Sports (**Year 7 & 8 children only**)

Parent/Caregiver Name

Child's Name

Phone

PROGRAMME OUTLINE FOR THE DAY
MONDAY 17TH FEBRUARY 10:00AM – 3:00PM

Please note that this is just a probable outline of the events and the order that they will run in. It is not really possible to give a time for each event as it will depend on how long each event takes. Events will run concurrently beginning with Event's 1 and 9.

Beginning Swimmers - 10:00a.m. & 1:00 p.m. start in the shallow end of the learners pool

Event 1 - Float and Kick – using a kickboard, kick to the other side of the pool

Event 3 - Walk and Run – a foot race to touch the other side of the pool

Event 5 - Front Glide – floating on stomach, stopping if they need to, to the other side

Event 7 - Back Glide – floating on back using a kickboard to get to the other side

Event 8 - Float and Tow – using a noodle, tow partner to other side then change and come back

Middie Swimmers – all events are lengths in the learners pool.

Event 2 - Freestyle

Event 4 - Backstroke

Event 6 - Breaststroke

Competent Swimmers - 10:00 a.m. & 1:00 p.m. start in the lane pool - 25m

Event 9 - Freestyle

Event 11 - Backstroke

Event 13 - Breaststroke

Championship Swimmers - 50m (2 lengths)

Event 10 - Freestyle

Event 12 - Backstroke

Event 14 - Breaststroke

Event 15 – Open Butterfly

Finale

Event 16 - House Relay -Teams of 4 (1 Boy & 1 Girl from each year group level)

Event 17 - Student/Parent/Staff Relay