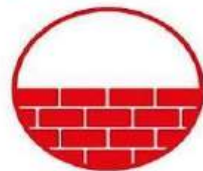




Year 1 & 2 Fun Swimming Gala

Wednesday 25th June 2025

9.00am



St Hugh's
School

Woodhall Spa



St Hugh's
School

Woodhall Spa

Thank you for coming to support today.

The children have been working incredibly hard in swimming and it has been great to watch their confidence grow over the course of the year. Every pupil will swim in a minimum of four races.

We hope you have a thoroughly enjoyable morning.

Katie Felton
Director of Sport

St Hugh's qualify for IAPS National finals for both U11 Girls and Boys Teams!

U11 Boys - 1st

U11 Girls - 2nd

Our U11 Swim Squad travelled to Repton for our IAPS Swimming Qualifier. St Hugh's were competing in the small schools category which limits entries to those schools with less than 30 girls and 30 boys in Year 5/6 combined. With a cohort of 16 boys and 19 girls it was a super achievement to get both a boys and girls team out this year. The swimmers have been preparing for this over the past few months so it was fabulous to see them put their hard work into action! It was the boys who finished with the fastest time but the girls got closer than they have done in training! We now wait for the national results to be published in May to see if either team has achieved a place in the National Finals held at the London Aquatic Centre in June.

There were also some super individual performances across both U10 and U11 age groups. Well done to all these swimmers especially those who do not currently swim for a club as it can be quite a daunting experience taking to the blocks under ASA law!

U11 Boys Relay - 1st Place

Joshua F, Henry E, Edward J, Sebastian F, George C, Paul W, Joshua M, Beau B-W

U11 Girls Relay - 2nd Place

Rosie F, Penelope L, Genevieve C, Coco W, Harriet T, Verity B, Annabelle B, Faith S



St Hugh's Make a Splash at IAPS National Swimming Finals!

London Aquatics Centre, June 7th — St Hugh's School made waves at the prestigious IAPS National Swimming Finals, with the U11 Girls placing 8th nationally and the U11 Boys 10th — a phenomenal achievement for one of the smallest schools in the competition!

Sixteen dedicated swimmers travelled to the iconic Olympic pool — yes, the same one graced by legends like Adam Peaty — representing nearly half of Years 5 and 6. Despite a cohort of just 36 pupils, St Hugh's fielded two full single-gender teams, meeting tough qualification standards and going head-to-head with hundreds of larger independent schools across the country.

Led by captains Rosie F and Joshua F, the teams trained hard for this moment, with early mornings, holiday sessions, and a laser focus on race-day precision. And it paid off! Both squads smashed their previous bests — the girls clocked an impressive 2:29.06 (11 seconds faster), and the boys came in at 2:29.18 (7 seconds quicker), narrowly missing a photo finish between them.

With no disqualifications and a huge leap in performance, the swimmers have done St Hugh's proud. Huge congratulations to the team — and a big thank you to the supportive parents who cheered them on from the stands.

St Hugh's may be small, but on the national stage, they've proven they're mighty!



St Hugh's qualify for ESSA National Finals once again in both the 4x25m Freestyle and 4x25m Medley Relay.

A team of four swimmers travelled to Repton to compete in our ESSA regional qualifier. Joshua (Y6 Captain), Henry (Y6), Edward (Y6) and George (Y5) put on a great show in what proved to be two very competitive events. Joshua had his work cut out as our final leg swimmer in the Medley race and put up a great chase to see St Hugh's finish as runners up. In the freestyle, we held our own and though it was very close, we did not manage to catch 2nd place but were pleased to qualify in this event nonetheless. The team will travel to Ponds Forge in June to compete at the English Schools Swimming Association National Finals! A fabulous achievement. We look forward to training for this over the next couple of months. Well done to those involved and those who trained hard in an attempt to make the team. It was not an easy call! Credit must go to this strong group of dedicated swimmers.



Medley Finalists! Huge Effort from Our St Hugh's U11 Boys at ESSA Nationals

Ponds Forge, Sheffield — Just one week after their success at the IAPS Nationals in London, St Hugh's U11 boys were back in action — this time at the **ESSA Primary Relays National Finals**, battling it out against the top 24 school teams in the UK at the elite-level Ponds Forge, home of the 2022 British Swimming Championships.

Facing fierce nationwide competition in both the **4x25m Freestyle** and **4x25m Medley** relays, the team — **Joshua F (Captain)**, **Henry E (Vice-Captain)**, **Edward J**, and **George C** (swimming a year young from Y5) — proved they were more than up for the challenge. The boys earned their spot at nationals after placing 2nd and 3rd in regional qualifiers at Repton, showcasing their speed and consistency.

Unlike IAPS, this event is open to all schools across the UK, meaning the field was even deeper and tougher. But the St Hugh's swimmers stepped up, holding their own in the heats. While they narrowly missed the freestyle finals as reserve team, they fought their way into the medley relay final — an impressive achievement against such top-tier competition.

Their commitment, teamwork, and resilience were on full display. With lessons learned and national-level experience under their belts, this team has a bright future ahead.

A huge well done to the boys and a big thank you to all the families who made the journey to cheer them on!



Blue - Year 1 Swimmers (18)

Red - Year 2 Swimmers (15)

Motor Boat Race							
Shallow end				Deep end			
Digby	Verity	Halle	Raphaël	Ophelia	Charlotte B	Georgia	Priya
Charlotte F	Axel	George	Arthur S	Tilly	Monty R	Zachary	
Willow	Ivy	Monty K	Dilly	Barnaby	Reuben	Arthur H	Lori
Hugh	Leo	Sienna	Wilf	Molly	Anayra	Clemmie	
				Toby	Hugo	Allegra	

Front Crawl Width							
Shallow end				Deep end			
Halle	Leo	Digby	George	Charlotte B	Ophelia	Georgia	Zachary
Arthur S	Raphaël	Axel	Verity	Reuben	Monty R	Tilly	Priya
Wilf	Willow	Dilly	Ivy	Lori	Anayra	Arthur H	
Hugh	Monty K	Sienna	Charlotte F	Barnaby	Molly	Clemmie	
				Hugo	Allegra	Toby	

Backstroke Width							
Shallow end				Deep end			
Dilly	Verity	Halle	Charlotte F	Charlotte B	Ophelia	Monty R	Priya
George	Wilf	Leo	Digby	Anayra	Tilly	Zachary	Clemmie
Ivy	Sienna	Willow	Axel	Molly	Georgia	Barnaby	
Arthur S	Hugh	Raphaël	Monty K	Arthur H	Reuben	Allegra	
				Hugo	Toby	Lori	

Obstacle Race

Shallow end

Monty K	Hugh	Charlotte F
Ivy	Wilf	Sienna
George	Verity	Arthur S
Halle	Barnaby	Leo
Willow	Raphaël	Dilly
Axel	Lori	Hugo
Arthur H	Zachary	Reuben
Clemmie	Molly	Tilly
Toby	Priya	Anayra
Allegra	Charlotte B	Digby
Ophelia	Monty R	Georgia

Front Crawl Length		
Deep end		
Molly	Allegra	Toby
Halle	Raphaël	Clemmie
Tilly	Monty R	Arthur H
Anayra	Zachary	Priya
Ophelia	Charlotte B	Georgia

Backstroke Length		
Deep end		
Halle	Monty R	Allegra
Verity	Clemmie	Tilly
Anayra	Zachary	Georgia
Ophelia	Charlotte B	Priya

Swimming @ St Hugh's

My swimming journey

Name: _____ Age: _____

Photo of me

The worksheet features a blue background with water ripples and several cartoon sea creatures: a red crab, a purple octopus, a green turtle, a pink seahorse, a blue fish, and yellow coral. Skills are listed in circular bubbles, and personality traits are in yellow circles.

Skills:

- I can... enter the water safely with support
- I can... perform a partial entry independently
- I can... use the stairs
- I can... jump in and return to the wall
- I can... jump in and submerge
- I can... jump in with support
- I can... climb out independently
- I can... splash my face with water
- I can... splash water showered over me
- I can... blow bubbles on the surface
- I can... swim with my face in the water
- I can... perform 2 rhythmic breaths
- I can... look at bubbles from the pool floor
- I can... turn 360 degrees
- I can... rise from front to back
- I can... swim through a hoop
- I can... rise from back to front
- I can... swim a length on my front
- I can... swim all by myself
- I can... swim a length on my front independently
- I can... travel on my back with an aid
- I can... travel on my front with an aid
- I can... perform a star float unaided
- I can... perform a mushroom float
- I can... perform a push and glide on my front
- I can... float on my back with support
- I can... perform a push and glide on my back
- I can... perform a star float unaided

Personality Traits:

- I am... a team player
- I can... persevere
- I like... a challenge
- I am... reflective
- I am... independent
- I am... creative
- I am... curious

St Hugh's School
Woodhall Spa





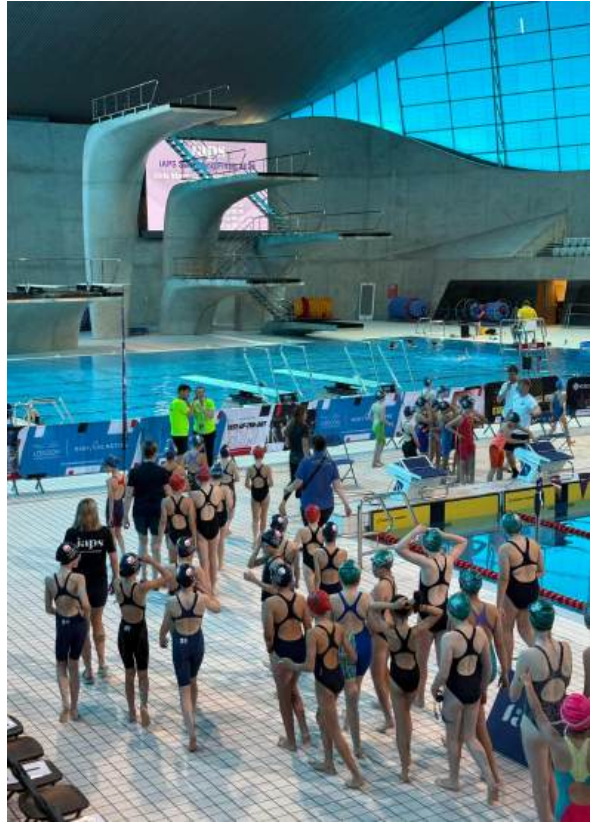












Swimming Club	Training Location	Contact
<p data-bbox="124 275 296 304">Louth Dolphins</p> 	<p data-bbox="451 275 791 304">Meridian Leisure Centre, Louth</p>	<p data-bbox="1038 309 1406 338">enquiries@louth-dolphins.org.uk</p>
<p data-bbox="124 633 296 663">Lincoln Vulcans</p> 	<p data-bbox="451 633 831 725">Priory City School, Lincoln One NK Leisure Centre, Lincoln Yarborough Leisure Centre, Lincoln</p>	<p data-bbox="1038 663 1310 692">d.hendel@ntlworld.com</p>
<p data-bbox="124 978 392 1008">City of Lincoln Pentaqua</p> 	<p data-bbox="451 978 879 1070">Lincoln Christ's Hospital School, Lincoln One NK Leisure Centre, Lincoln Yarborough Leisure Centre, Lincoln</p>	<p data-bbox="1038 1010 1353 1039">membership@pentaqua.org</p>
<p data-bbox="124 1391 360 1420">Grantham Swim Club</p> 	<p data-bbox="451 1391 924 1420">Grantham Meres Leisure Centre, Grantham</p>	<p data-bbox="1038 1420 1453 1449">membership.granthamsc@gmail.com</p>