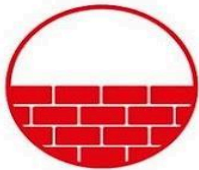




St Hugh's Swimming Gala
Monday 2nd December 2024
1.45pm



**St Hugh's
School**
Woodhall Spa

Hello

My name is Joshua Forsyth and I am the St Hugh's Swimming Captain. Welcome parents, swimmers, spectators and staff to our U11 Swimming Gala. I hope you enjoy this competitive event. Give 100% and if you make a mistake, learn from it and most of all have lots of fun!



*Joshua Forsyth
St Hugh's Year 6 Swimming Captain*

TEAMS	LANE	RULES/FORMAT
Greenwich House	1	<input type="checkbox"/> Diving only for those competent and at discretion of teacher in charge (starting blocks) <input type="checkbox"/> 2 length races (Butterfly - 1 length) <input type="checkbox"/> Freestyle & Medley Relays Medley - Backstroke, Breaststroke, Butterfly, Freestyle
St Hugh's	2	
St George's	3	
Burton Hathow	4	

EVENT	AGE GROUP	Lane 1	Lane 2	Lane 3	Lane 4
		Greenwich House	St Hugh's	St George's	Burton Hathow
Backstroke	U11 Girls	TBC	Rosie F	Matilda	Sophie
	U10 Girls	TBC	Harriet	Grace	Matilda
	U11 Boys	TBC	Henry E	Aiden	Inambao
	U10 Boys	TBC	George C	William	Jamie
	St H Girls	Faith	Verity	Annabelle	Olivia
	ST H Girls	April	Genevieve	Arabella	Coco
	St H Boys	Josh M	Paul W	Seb F	Beau
Breaststroke	U11 Girls	TBC	Coco W	Isla	Frida
	U10 Girls	TBC	Verity B	Annie-Mae	Phoebe
	U11 Boys	TBC	Edward J	Robert	Archie
	U10 Boys	TBC	Paul W	Samuil	Oscar
	St H Girls	Genevieve C	Penelope L	Annabelle B	Verity B
	St H Boys	George C	Joshua F	Rory P	Beau B-W
	Butterfly	U11 Girls	TBC	Rosie F	Orlaith
U10 Girls		TBC	Harriet T	Grace	Matilda
U11 Boys		TBC	Joshua F	Charles	Inambao
U10 Boys		TBC	George C	Archie	Archie
St H Girls		Penelope L	Edward J	Coco W	Henry E
Freestyle		U11 Girls	TBC	Penelope L	Swara
	U10 Girls	TBC	Annabelle B	Lily	Phoebe
	U11 Boys	TBC	Joshua F	Charles	Jamie
	U10 Boys	TBC	Beau B-W	Samuil	Oscar
	St H Girls	Arabella G	Faith S	April S	Olivia A
	St H Boys	Rory P	Seb F	Henry E	Edward J
	Medley Relay	U10 Girls	TBC	Faith, Verity, Harriet, Annabelle	Grave, Isla, Lily, Annie-Mae
U10 Boys		TBC	Beau, Paul, George, Josh	Archie, Samuil, William, Charles	
U11 Girls		TBC	Coco, Penny, Rosie, Genevieve	Orlaith, Isla, Matilda, Swara	Sophie, Matida, Frida, Phoebe
U11 Boys		TBC	Josh, Henry, Edward, Rory	Archie, Samuil, William, Charles	Inambao, Jamie, Oscar, Archie
Freestyle Relay		U10 Girls	TBC	Verity, Annabelle, Harriet, Faith	Annie-Mae, Grace, Lily, Matilda
	U10 Boys	TBC	George, Paul, Beau, Josh	William, Archie, Charles, Samuil	
	U11 Girls	TBC	Rosie, Penny, Coco, Arabella	Orlaith, Swara, Isla, Matilda	Sophie, Matida, Frida, Phoebe
	U11 Boys	TBC	Josh, Edward, Seb, Henry	William, Archie, Charles, Samuil	Inambao, Jamie, Oscar, Archie

Swimming @ St Hugh's

My swimming journey

Name: _____ Age: _____

Photo of me

Skills:

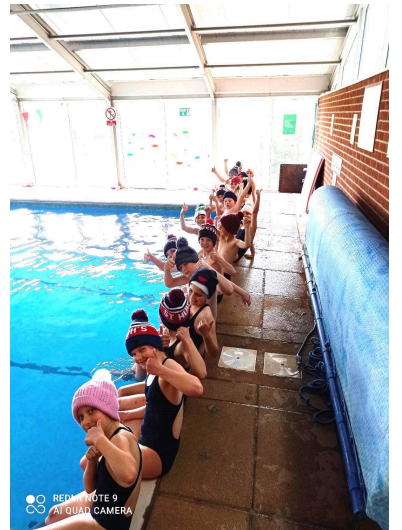
- I can... enter the water safely with support
- I can... float on my back with support
- I can... use the stairs
- I can... perform a push and glide on my front
- I can... float on my back with support
- I can... jump in and return to the wall
- I can... use the stairs
- I can... perform a push and glide on my front
- I can... float on my back with support
- I can... jump in and submerge
- I can... jump in with support
- I can... come out independently
- I can... perform a star float unaided
- I can... splash my face with water
- I can... perform a mushroom float
- I can... swim with my face in the water
- I can... show bubbles on the surface
- I can... swim a length on my front
- I can... travel on my back with an aid
- I can... turn 360 degrees
- I can... perform 3 rhythmic breaths
- I can... put my face in the water to look for fish
- I can... swim a length on my front
- I can... travel on my back with an aid
- I can... submerge suckers from the pool float
- I can... rotate from front to back
- I can... swim all by myself
- I can... travel on my front with an aid
- I can... swim through a hoop
- I can... rotate from back to front
- I can... swim a length on my front independently
- I can... travel on my back independently
- I can... swim through a hoop
- I can... rotate from back to front
- I can... swim a length on my front independently
- I can... travel on my back independently

Character 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>Louth Dolphins</p> 	<p>Meridian Leisure Centre, Louth</p>	<p>enquiries@louth-dolphins.org.uk</p>
<p>Lincoln Vulcans</p> 	<p>Priory City School, Lincoln One NK Leisure Centre, Lincoln Yarborough Leisure Centre, Lincoln</p>	<p>d.hendel@ntlworld.com</p>
<p>City of Lincoln Pentaqua</p> 	<p>Lincoln Christ's Hospital School, Lincoln One NK Leisure Centre, Lincoln Yarborough Leisure Centre, Lincoln</p>	<p>membership@pentaqua.org</p>
<p>Grantham Swim Club</p> 	<p>Grantham Meres Leisure Centre, Grantham</p>	<p>membership.granthamsc@gmail.com</p>



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