



St Hugh's
School

Woodhall Spa

Good afternoon,

My name is Hollie and I'm honoured to be St Hugh's Swimming Captain this year. Swimming is all about doing your best, believing in yourself and supporting your teammates. Whether you're racing, cheering from the side or trying something new, remember to have fun and be proud of what you achieve. Good luck everyone! Swim your best, cheer each other on and enjoy everyone!

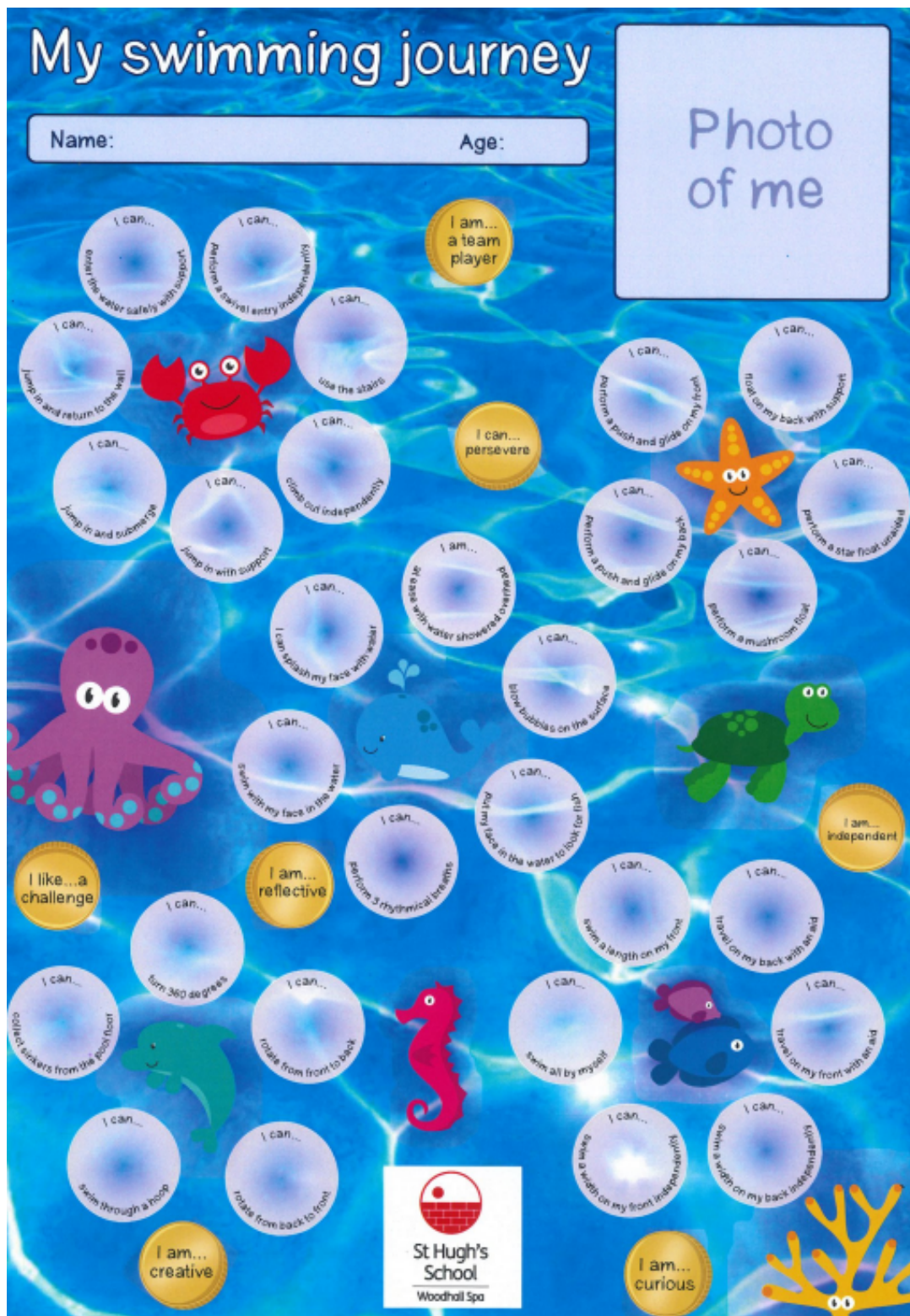


Hollie Forsyth
St Hugh's Year 6 Swimming Captain

TEAMS	LANE	RULES/FORMAT
Burton Hathow	1	☐ Diving only for those competent and at discretion of teacher in charge (starting blocks) ☐ 2 length races (Butterfly - 1 length) ☐ Freestyle & Medley Relays Medley - Backstroke, Breaststroke, Butterfly, Freestyle
St Hugh's	2	
Burton Hathow	3	
St Hugh's	4	

EVENT		Lane 1 Burton Hathow	Lane 2 St Hugh's	Lane 3 Burton Hathow	Lane 4 St Hugh's
x2 Backstroke	GIRLS A		Hollie		Eme
	GIRLS B		Cecily		Abi
	BOYS A		Harvey		Jacob
	BOYS B				
	St H MIXED	Livvy	Lola	Bella	
	St H MIXED	Lana	Alex	Bea	
	St H MIXED	Hugo	George	Albie	
x2 Breaststroke	GIRLS A		Hollie		Eme
	GIRLS B		Cecily		Abi
	BOYS A		Harvey		Harry
	BOYS B		Jacob		Freddie
	ST H MIXED	Livvy	Lola	Lana	
	ST H MIXED	Bea	Bella	Hugo	
	ST H MIXED	Albie	George	Alex	
x2 Freestyle	GIRLS A		Hollie		Emi
	GIRLS B		Cecily		Abi
	BOYS A		Harvey		Jacob
	BOYS B		Harry		Freddie
	ST H MIXED	Livvy	Lola	Albie	
	ST H MIXED	Lana	George	Alex	
	ST H MIXED	Hugo	Bella	Bea	
x1 Butterfly	GIRLS A		Hollie		Eme
	GIRLS B		Cecily		Abi
	BOYS A		Harvey		Jacob
	BOYS B		Harry		Freddie
	ST H MIXED	Livvy	Lola	Bea	
	ST H MIXED	Bella	Lana	George	
	ST H MIXED	Hugo	Alex	Albie	
Medley Relay Bk,Brs,Fly,Free	A BOYS/GIRLS		Jacob,Hollie Eme, Harvey,		Cecily, Abi Freddie,Harry
	ST H MIXED		Lola,Bea Bella,Alex		Lana,Hugo Albie,Livvy
Freestyle Relay	A BOYS/GIRLS		Hollie, Eme, Jacob, Harvey		Cecily, Freddie Abi, Harry
	ST H MIXED		Lola,Bea Bella,George		Lana,Hugo Livvy, Albie

Swimming @ St Hugh's











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



St Hugh's School, Cromwell Avenue, Woodhall Spa, Lincolnshire LN10 6TQ
e office@st-hughs.lincs.sch.uk t 01526 352169 www.st-hughs.lincs.sch.uk