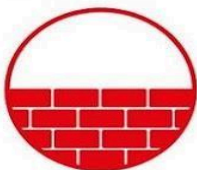


**U11 Swimming Gala
St Hugh's v Grantham Prep
Friday 9th October 2026**



**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
Grantham Prep	1	• Diving only for those competent and at discretion of teacher in charge (starting blocks) • 2 length races (Butterfly - 1 length) • 1 length for Intra-School Races • Freestyle & Medley Relays Medley - Backstroke, Breaststroke, Butterfly, Freestyle
St Hugh's	2	
Grantham Prep	3	
St Hugh's	4	

EVENT		Lane 1 Grantham Prep	Lane 2 St Hugh's	Lane 3 Grantham Prep	Lane 4 St Hugh's
x2 Backstroke	GIRLS A	Tilly	Hollie	Isla	Eme
	GIRLS B	Tabitha	Cecily	Ava	Abi
	BOYS A	George D	Harvey	John	Jacob
	BOYS B	Freddie	Harry	George N	Ralph
x1	St H MIXED	Lola	Lana	Alex	Bea
x1	St H MIXED	Albie	Freddie	Hugo	George
x2 Breaststroke	GIRLS A	Tilly	Hollie	Isla	Eme
	GIRLS B	Tabitha	Cecily	Ava	Abi
	BOYS A	George D	Harvey	John	Harry
	BOYS B	Freddie	Jacob	George N	Vinny
x1	ST H MIXED	Lola	Lana	Alex	Bea
x1	ST H MIXED	Albie	Freddie	Hugo	George
x2 Freestyle	GIRLS A	Tilly	Hollie	Isla	Emi
	GIRLS B	Tabitha	Cecily	Ava	Livvy
	BOYS A	George D	Harvey	John	Jacob
	BOYS B	Freddie	Harry	George N	Vinny
x2	ST H MIXED	Lola	Lana	Alex	Bea
x2	ST H MIXED	Albie	Freddie	Hugo	George
x1 Butterfly	GIRLS A	Tilly	Hollie	Isla	Eme
	GIRLS B	Tabitha	Cecily	Lola St H	Livvy
	BOYS A	George D	Harvey	John	Jacob
	BOYS B	Freddie	Harry	Freddie St H	Ralph
	ST H MIXED	Lola	Lana	Alex	Bea
	ST H MIXED	Albie	Freddie	Hugo	George
Medley Relay Bk,Brs,Fly,Free	A BOYS/GIRLS	Tilly, Isla George D,John	Jacob,Hollie Eme, Harvey	Tabitha,Ava Freddie, George N	Cecily, Abi Ralph, Harry
Freestyle Relay	A BOYS/GIRLS	Tilly, Isla George D,John	Hollie, Eme, Jacob, Harvey	Tabitha,Ava Freddie, George N	Cecily, Vinny Abi, Harry
	ST H MIXED		Lola,Bea Lana,Alex		Freddie,Hugo Albie,George

Swimming @ St Hugh's

My swimming journey

Name: _____ Age: _____

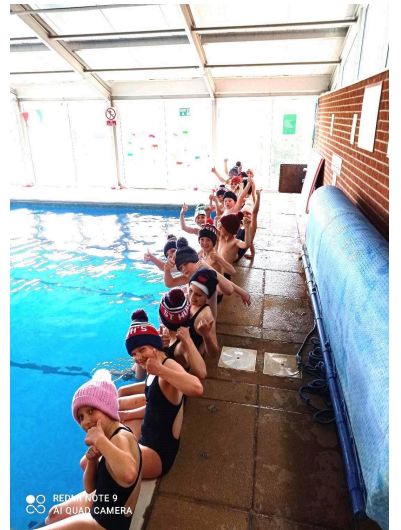
Photo of me

Skills and Traits:

- I can... move in the water safely with support
- I can... perform a diving entry independently
- I am... a team player
- 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... perform a star float unaided
- I can... perform a mushroom float
- I can... perform a push and glide on my back
- I am... persevere
- I can... blow bubbles on the surface
- I am... independent
- I can... perform 3 mythical swims
- I can... travel on my back with an aid
- I can... travel on my front with an aid
- I can... swim all by myself
- I am... creative
- I can... rotate from back to front
- I can... swim through a hoop
- I can... rotate from front to back
- I can... turn 360 degrees
- I can... collect 5 suckers from the push float
- I like... a challenge
- I am... reflective
- I can... splash my face with water
- I can... swim with my face in the water
- I am... persevere
- I can... splash my face with water
- I can... blow bubbles on the surface
- I can... perform a push and glide on my back
- 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... travel on my back with an aid
- I can... travel on my front with an aid
- I can... swim all by myself
- I can... rotate from back to front
- I can... swim through a hoop
- I can... rotate from front to back
- I can... turn 360 degrees
- I can... collect 5 suckers from the push float

St Hugh's School
Woodhall Spa







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