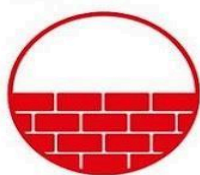




**St Hugh's
U9 Swimming Gala**

Monday 20th January 2025



**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 U9 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
Ranby	1&3	<ul style="list-style-type: none">• All races are 1 length• Freestyle Relay - 4 lengths• Medley Relay - 4 lengths Backstroke, Breaststroke, Freestyle, Freestyle
St Hugh's	2&4	



EVENT	GENDER	Lane 1	Lane 2	Lane 3	Lane 4
		Ranby	St Hugh's	Ranby	St Hugh's
Backstroke	GIRLS A	Zara	Hollie	Molly	Cecily
	GIRLS B	Emmie	Niya	Sophia	Alexandra
	BOYS A	Barnaby	Harvey	Oliver	Ralph
	BOYS B	George	Harry	Hugo	Freddie
	St H MIXED	Lana	George	Lola	Albie
Breaststroke	GIRLS A	Audrey	Hollie	Felicity	Cecily
	GIRLS B	Isobel	Eme	Evelyn	Abi
	BOYS A	Charlie. S	Harry	Oliver	Harvey
	BOYS B	William	Ralph	Henry	Hugo
	ST H MIXED	George	Lana	Alexandra	Beatrix
Freestyle	GIRLS A	Felicity	Hollie	Audrey	Eme
	GIRLS B	Zara	Abi	Emmie	Niya
	BOYS A	Charlie. B	Ralph	Charlie. S	Harvey
	BOYS B	Hugo	Freddie	Barnaby	Harry
	ST H MIXED	Lola	Albie	Charlie	Hugo
Medley Relay	GIRLS	Audrey, Felicity, Zara & Isobel	Cecily, Abi, Eme, Hollie	Molly, Emmie, Sofia & Evelyn	Niya, Lana, Bea, Alexandra
	BOYS	Charlie. B, Charlie. S, Barnaby & Oliver	Harvey, Harry, Charlie, Ralph	Henry, William, Hugo & George	Freddie, George, Albie, Hugo
Freestyle Relay	GIRLS	Audrey, Felicity, Zara & Isobel	Hollie, Niya, Abi, Eme	Molly, Emmie, Sofia & Evelyn	Niya, Alexandra, Bea, Lana
	BOYS	Charlie. B, Charlie. S, Barnaby & Oliver	Ralph, Harry, Freddie, Harvey	Henry, William, Hugo & George	Hugo, George, Albie, Charlie

Swimming Club	Training Location	Contact
<p data-bbox="81 338 255 367">Louth Dolphins</p> 	<p data-bbox="411 338 751 367">Meridian Leisure Centre, Louth</p>	<p data-bbox="1000 371 1362 400">enquiries@louth-dolphins.org.uk</p>
<p data-bbox="81 694 255 723">Lincoln Vulcans</p> 	<p data-bbox="411 694 794 790">Priory City School, Lincoln One NK Leisure Centre, Lincoln Yarborough Leisure Centre, Lincoln</p>	<p data-bbox="1000 728 1267 757">d.hendel@ntlworld.com</p>
<p data-bbox="81 1041 352 1070">City of Lincoln Pentaqua</p> 	<p data-bbox="411 1041 839 1137">Lincoln Christ's Hospital School, Lincoln One NK Leisure Centre, Lincoln Yarborough Leisure Centre, Lincoln</p>	<p data-bbox="1000 1075 1310 1104">membership@pentaqua.org</p>
<p data-bbox="81 1451 319 1480">Grantham Swim Club</p> 	<p data-bbox="411 1451 884 1480">Grantham Meres Leisure Centre, Grantham</p>	<p data-bbox="1000 1485 1410 1514">membership.granthamsc@gmail.com</p>

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 blue whale, a green turtle, a pink seahorse, a blue fish, and yellow coral. It includes numerous circular stickers with text such as 'I can... move through the water safely with support', 'I can... perform a push and glide on my front', 'I am... a team player', 'I can... persevere', 'I like... a challenge', 'I am... reflective', 'I am... creative', and 'I am... independent'. There are also several empty circular stickers for additional notes.

I can... move through the water safely with support

I can... perform a survival 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... 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... perform a push and glide on my back

I can... perform a star front unassisted

I can... splash my face with water

I am... able to get up with water showered to my neck

I can... blow bubbles on the surface

I can... perform a mushroom float

I can... splash my face in the water

I can... blow my face in the water to look for fish

I am... independent

I like... a challenge

I can... turn 360 degrees

I am... reflective

I can... perform 3 mythical swims

I can... swim a length on my front

I can... travel on my back with an aid

I can... correct kickers from the pool floor

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 am... creative

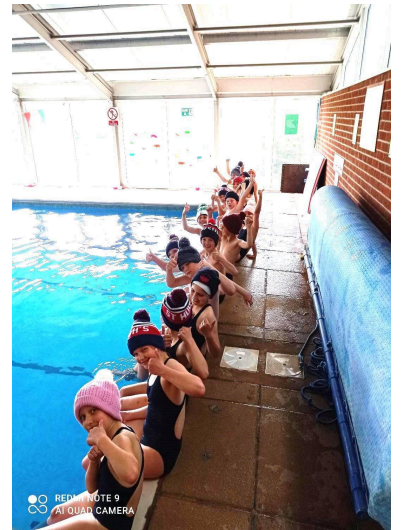
I can... float on my front independently

I can... float on my back independently

I am... curious

St Hugh's School
Woodhall Spa









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