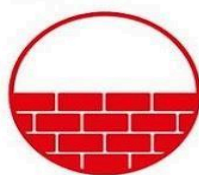




St Hugh's U9 Swimming Gala

**Monday 9th 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 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
Burton Hathow	1	<ul style="list-style-type: none">• Diving only for those competent and at discretion of teacher in charge (starting blocks)• 1 length races• Freestyle & Medley Relays Medley - Backstroke, Breaststroke, Freestyle, Freestyle
St Hugh's	2	
St Hugh's	3	
Burton Hathow	4	

EVENT	AGE GROUP	Lane 1	Lane 2	Lane 3	Lane 4
		Burton Hathow 1	St Hugh's 1	St Hugh's 2	Burton Hathow 2
Backstroke	U9 Girls		Hollie	Alexandra	Izzy
	U9 Boys	Hugo	Harvey	Harry	Ethan
	St Hugh's	Ralph	Cecily	Niya	Eme
	St Hugh's	Libby	Lana	Abi	Monaco
	St Hugh'	Freddie	Anna	Lola	Albie
	St Hugh	Valentina	Josh	Florence B	Otto
	St Hugh'	William	George	Beatrix	Hugo
Breaststroke	U9 Girls	Hannah	Hollie	Abi	Lottie
	U9 Boys	Killian	Harry	Ralph	Archie
	St Hugh's	Anna	Harvey	Cecily	Niya
	St Hugh's	Libby	Eme	Monaco	Beatrix
	St Hugh'	George	Hugo	Ottilie	William
Freestyle	U9 Girls	Betsi	Hollie	Cecily	Hattie
	U9 Boys	Hugo	Ralph	Harvey	Killian
	St Hugh's	Libby	Abi	Niya	Eme
	St Hugh's	Lana	Harry	Monaco	Beatrix
	St Hugh'	Hugo	Freddie	George	William
	St Hugh'	Lola	Alexandra	Ottilie	Albie
	St Hugh'	Josh	Valentina	Otto	Florence
Medley Relay	U9 Girls		Hollie, Abi Niya, Eme	Cecily, Alexandra Lola, Lana	
	U9 Boys		Harvey, Harry Hugo, Ralph	William, Freddie Albie, George	
Freestyle Relay	U9 Girls		Abi, Cecily Eme, Hollie	Niya, Lana Alexandra, Libby	
	U9 Boys		Harvey, Harry Hugo, Ralph	William, Freddie Josh, George	

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, and a purple fish. It is filled with numerous circular icons, each containing a skill or trait. Some are yellow circles with black text, and others are light blue circles with white text. The skills include:

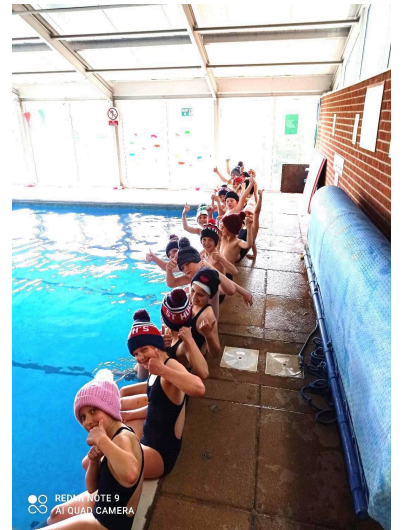
- I can... enter the water safely with support
- I can... perform a survival entry independently
- I can... use the stairs
- I can... perform a push and glide on my front
- I can... float on my back with support
- I can... jump in and return to the wall
- I can... jump in and submerge
- I can... jump in with support
- I can... come out independently
- I can... perform a push and glide on my back
- I can... perform a star float unaided
- I can... splash my face with water
- I can... blow bubbles on the surface
- I can... perform a mushroom float
- I can... swim with my face in the water
- I can... perform 3 mythical 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... perform a star float unaided
- I can... turn 360 degrees
- 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... swim a width on my back independently

Personality traits (yellow circles):

- 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="70 235 239 264">Louth Dolphins</p> 	<p data-bbox="400 235 742 264">Meridian Leisure Centre, Louth</p>	<p data-bbox="989 271 1348 300">enquiries@louth-dolphins.org.uk</p>
<p data-bbox="70 555 239 584">Lincoln Vulcans</p> 	<p data-bbox="400 555 782 651">Priory City School, Lincoln One NK Leisure Centre, Lincoln Yarborough Leisure Centre, Lincoln</p>	<p data-bbox="989 591 1252 620">d.hendel@ntlworld.com</p>
<p data-bbox="70 862 343 891">City of Lincoln Pentaqua</p> 	<p data-bbox="400 862 829 958">Lincoln Christ's Hospital School, Lincoln One NK Leisure Centre, Lincoln Yarborough Leisure Centre, Lincoln</p>	<p data-bbox="989 898 1300 927">membership@pentaqua.org</p>
<p data-bbox="70 1249 311 1279">Grantham Swim Club</p> 	<p data-bbox="400 1249 869 1279">Grantham Meres Leisure Centre, Grantham</p>	<p data-bbox="989 1285 1396 1314">membership.granthamsc@gmail.com</p>



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