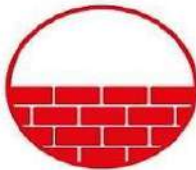




St Hugh's U9 Swimming Gala
Monday 30th January 2023



St Hugh's
School

Woodhall Spa

Good afternoon,

I would like to offer a warm welcome to all swimmers, staff and spectators to our recently refurbished swimming facility!

My name is Annabelle, welcome to **St Hugh's** for our **U9 Swimming Gala**. I hope everyone is enjoying their swimming season.

Enjoy yourself and remember that the focus of this event is to **experience** competitive swimming. We only learn and get better through making mistakes, so **KEEP CALM AND SWIM ON!**

Good luck!

Annabelle
St Hugh's Swimming Captain



TEAMS	LANE	RULES/FORMAT
Ranby	3&4	<ul style="list-style-type: none">● Max of three individual events & two relays per swimmer● No diving - all swimmers to start in water● All races are 1 length● Freestyle Relay - 3 lengths● Medley Relay - 3 lengths Backstroke, Breaststroke, Freestyle
St Hugh's	1&2	



EVENT	GENDER	Lane 1 St Hugh's	Lane 2 St Hugh's	Lane 3 Ranby	Lane 4 Ranby
Backstroke	GIRLS - A	Coco	Penelope	Evelyn	Ava
	BOYS - A	Joshua	George	William A	Mason
	GIRLS - B	Rosie	Olivia	Megan	Violet
	BOYS - B	Beau	Seb	Jack	Hugo
Breaststroke	GIRLS- A	Harriet	Penelope	Megan	Evelyn
	BOYS- A	Joshua	George	Myles	William A
	GIRLS - B	Coco	Olivia	Sophie	Violet
	BOYS - B	Seb	Thomas	Hugo	William D
Freestyle	GIRLS - A	Coco	Penelope	Evelyn	Ava
	BOYS - A	Joshua	Seb	Mason	Myles
	GIRLS - B	Harriet	Olivia	Aya	Megan
	BOYS - B	George C	Thomas	Jack	Hugo
Medley Relay	MIXED - A	George Penelope Harriet	Coco Joshua Seb	Evelyn Ava Megan	William A Myles Mason
	MIXED - B	Rosie Olivia Beau	Hetty Thomas April	Violet Sophie Aya	Jack Hugo William D
Freestyle Relay	MIXED - A	Penelope Harriet George	Joshua Seb Coco	Evelyn Megan Ava	William A Myles Mason
	MIXED - B	Olivia Rosie Beau	Thomas Hetty April	Violet Sophie Aya	Jack Hugo William D

Swimming @ St Hugh's

My swimming journey

Name: _____ Age: _____

Photo of me

Swimming Skills:

- I can... perform a push and glide on my front
- I can... glide on my back with support
- I can... perform a push and glide on my back
- I can... perform a star float unaided
- I can... swim a mushroom float
- I can... swim with my face in the water
- I can... perform 3 rhythmic breaths
- I can... swim a length on my front
- I can... travel on my back with my head
- I can... swim through a hoop
- I can... come from back to front
- I can... swim a width on my front independently
- I can... swim a width on my back independently

Personalities:

- I am... a team player
- I can... persevere
- I like... a challenge
- I am... reflective
- I am... independent
- I am... creative
- I am... curious

Activities:

- I can... jump in and return to the wall
- I can... use the stairs
- I can... jump in and submerge
- I can... glide out independently
- I can... jump in with support
- I can... splash my face with water
- I can... splash water showered to my face
- I can... blow bubbles on the surface
- I can... put my face in the water to look for fish
- I can... swim 360 degrees
- I can... come from front to back
- I can... come from front to back
- I can... come from back to front
- I can... swim all by myself
- I can... swim a width on my front independently
- I can... swim a width on my back independently

St Hugh's School Woodhall Spa









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