



Wednesday February 1st, 2017

Dear Parents & Caregivers,

Our annual swimming carnival will be held at Pambula Aquatic Centre on **Wednesday February 8th**, 2017. The carnival's focus is on **participation and inclusion** for all students in Years 3-6. The fun will **begin at 9.30am!**

For those students not making their own way to the pool, the **first bus** will leave the school at 9:00am. Students are to line up outside the Jackson Hall by 8:55 if they are;

- wishing to swim the 100m Freestyle events
- turning 8 this year (ready for their age race after the 100m race)

All other students participating in the carnival will follow on subsequent buses. Students whose parents intend to drive them to the pool will need to be ready to marshal at 9.30am if they wish to compete in the 100m Freestyle event. These students will also need to be signed in at the recording table on arrival at the Aquatic Centre.

In preparation for a successful carnival, here are a few points to remember:

- *Parents, relatives and friends are most welcome to attend our carnival. Anyone willing to assist on the day with different jobs please see me (Ms Bain) prior to the day.*
- *The cost of the bus will be \$4.00 per child. Pool entry is \$3.00 per student, adults are free and Sapphire Aquatic Centre pool passes are accepted.*
- *If you would like your child to warm up on the morning of the carnival, you must supervise them in the water yourself, as there will be no extra pool or school staff available to supervise swimmers prior to the first race.*
- *Although this carnival is for students in Years 3-6, if your child turns 8 and is in Year 2, please contact the school prior to the carnival if you wish for your child to participate.*
- *Novelty events will take place in the smaller pool throughout the day.*
- *Just a reminder that parents/carers can only take photos or videos of your own child.*
- *The cafe will be available to all attending the carnival or students can bring their own lunch and snacks. All students should bring a refillable water bottle.*
- *Students will be given further information about the events of the day in their House Meetings prior to the carnival and be provided with an opportunity to view the Diving DVD in accordance with the Swimming Risk Assessment.*
- *Please support the school's 'Sunsmart Policy' by providing your child with a broad brimmed hat, sunscreen and long-sleeved shirt if possible.*

House Points and Championship Awards.

- *Every swimmer will get a point for their house.*
- *Individual points are given out for placing in finals events. This is to be consistent with the Athletics point scoring system.*
1st = 7 points, 2nd = 4 points, 3rd = 3 points, 4th = 1 point
- *Winning House and Age Champions will be announced at a subsequent school assembly, not on the day of the carnival.*

Please complete the following consent note and return with payment by **Monday, 6th February, 2017**. *Don't forget to pack a towel and have all your personal items labelled!* If you have any further questions please don't hesitate to contact me.

Kind Regards,

Manda Brewer
(Swimming Carnival Coordinator)

2017 MPS Swimming Carnival Permission Note

The 2017 Swimming Carnival will involve structured aquatic activities including **swimming races in the 25 metre pool** and **structured novelty races in the smaller pool**. These activities will take place at Sapphire Aquatic Centre on Wednesday February 8th, 2017. Please **tick one** of the following to assist with organisation of the day;

- My child is **confident to swim 50m** and will participate in races in the 25 metre pool (including 50 metre races).
- My child is **not** competing in the swimming races in the 25 metre pool but will participate in the **novelty events in the smaller pool**.
- My child will not participate in any water activities on the day.
- My child will not attend the swimming carnival and **will be at school as usual**.

SWIMMING ABILITY

It is important to ensure the safety of all students. Please take the time to **tick one** of the following points, to indicate your child's ability in water.

- A non-swimmer:** My child is unable to swim
- A weak swimmer:** My child is comfortable and confident in shallow water but cannot swim very well.
- An average swimmer:** My child is a reasonable swimmer but is not very strong or confident in deep water, they can swim 25 metres.
- A strong swimmer:** My child is a strong swimmer and is very confident in deep water.
- A competitive swimmer:** My child is a competitive swimmer who has attended squad/club and/or carnivals and should participate in the competitors only carnival should it be held in inclement weather.

I have included the cost of:

- Bus fare \$4.00**
- Pool entry \$3.00**
- My child has a SAC pool pass (this does not include lessons)**

Transport

- My child will be catching the first bus at 9.00am. (They are turning 8 this year and/or swimming in the 100m Freestyle)
- My child will travel on the following buses to the carnival.
- My child will make their own way to the pool.

Parent/carer consent ~ Please sign one of the following

I hereby **give permission** for _____ of class _____ to **attend and participate** in the planned swimming carnival to be held at Sapphire Aquatic Centre on Wednesday 8th February 2017.

Parent/Guardian Signature: _____ Date: _____

OR

I hereby **don't give permission** for _____ of class _____ to attend the carnival and he/she will be at school on Wednesday 8th February 2017.

Parent/Guardian Signature: _____ Date: _____

Swimming Rules

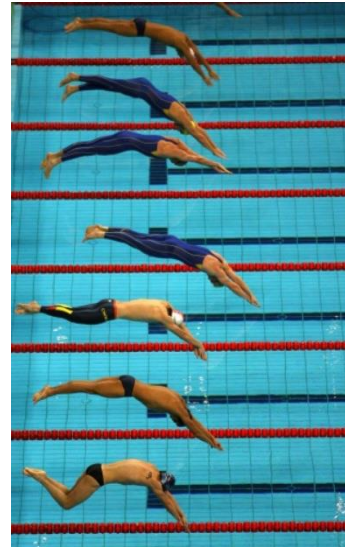
The swimming carnival at 'school level' will focus on participation and inclusion for all students.

Students need to be aware that the following rules will be enforced at Zone carnivals.

The rules can be found at:

www.sports.det.nsw.edu.au/Nswpssa/handbook/swimming_sc.htm

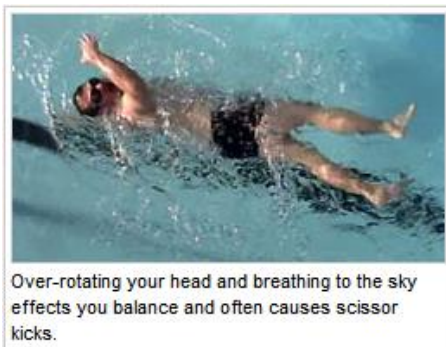
False Start: The *one start* will apply.



Freestyle ~

SW5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15metres after the start and each turn. By that point, the head must have broken the surface.



Over-rotating your head and breathing to the sky effects you balance and often causes scissor kicks.



Backstroke ~

SW6.3 Some part of the swimmer must break the surface of the water throughout the race.

SW6.5 Upon the finish of the race the swimmer must touch the wall whilst on the back in his/her respective lane.



Breastroke ~

SW7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

SW7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

SW7.3 The hands shall not be brought back beyond the hip line, except during the first stroke after each start and each turn.

SW7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement. *For example, A butterfly kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull followed by a breaststroke kick.*

SW7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level.



Butterfly ~

SW8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW8.2 Both arms must be brought forward together over the water and brought backward simultaneously throughout the race.

SW8.3 All up and down movements of the legs must be simultaneous. The position of the legs or feet need not be on the same level, but they shall not alternate in relation to each other. A Breaststroke kicking movement is not permitted.

SW8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

SW8.5 At the start and at turns a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

