



Mar. 2006

MCS Swimming Gala

Swimming Gala Program

Juniors

Width on front

Width with float

Build a pyramid Race

Swim through hoop

(If parents are present they are welcome to take their child out to get them changed)

Intermediates

Frontcrawl

Backcrawl

Breast stroke

Butterfly

Team Medley (Butterfly, Backcrawl, Breaststroke and Freestyle).

Front crawl tumble turn race (3 turns, 4 widths)

Underwater distance challenge.

Dive or Jump

Pupils should bring:

- goggles
- Extra towel or dressing gown.
- Navy blue swimming trunks,
NO shorts please; boys
- Navy blue swimming costume;
girls.

2pm to 3pm

Wednesday 29th March 2006

at

Exeter University's St Luke's Baths

3pm to 3:30pm

MCS Canoe Club Demonstration

Details on reverse of this sheet.

Parents, Relatives & friends welcome.

Please remember to remove foot wear in the pool area.

We have the use of the pool for the above times only,
please wait in the foyer area until 2pm

Thank you.

Magdalen Court School is a Family Trust promoting children's education.

Magdalen Court School, Mulberry House, Victoria Park Road, Exeter EX2 4NU

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Skill	Demonstrator
Forward Paddling (efficient straight line paddling) (entry by toes, close to boat, vertical paddle blade, exit by waist)	Chloe Wright
Reverse Paddling (efficient straight line reverse paddling) (Entry by hips, vertical paddle shaft, close to boat, exit by toes,	Michael Worth
Sweep Stroke (a turning stoke, spins boat on spot) (Entry by toes, wide-sweeping stroke, paddle shaft horizontal to water, exit by stern)	Stephany Pockock
Reverse Sweep Stroke (Entry by stern, sweep out & back to bow)	Rebekah Worth
Combined Front & Reverse Sweep Strokes	Chantelle Bibby
Stern Rudder (Paddle at 30° to water, rear blade submerged in water, shaft parallel to boat)	Alice Jenner
Bow Rudder (Paddle between knee & seat, vertical paddle shaft, blade parallel to boat)	Lewis Chambers
Advanced Bow Rudder (as above, varying position of blade to accomplish 180° turn)	Tom Allbrook
T-Draw (Paddle shaft near vertical, wrist against forehead, slice blade out, pull in)	Stephany Pockock
Sculling Draw (Figure of 8 action providing continuous force)	Alistair Bibby
Low Support (Boat goes off balance, back of blade presented to water, elbows over paddle shaft, hip flick back upright)	Ben Carter
High Support (Boat off balance, face of blade presented to water, elbows under paddle shaft, hip flick back upright)	Tom Allbrook
Wet Exit (Roll boat upside down, 3 bangs on boat, remove spray deck, roll out of boat, regain hold of paddle & boat)	Lucy Jenner
Rocking boat (Dynamically roll boat side to side with hips, so each cockpit rim gets wet)	Jonathan Sailsbury
Practise hip flick (Hold onto front of partners boat, roll boat upside down, hip flick boat upright)	Lewis Chambers
Eskimo rescue (Roll boat upside down, bang boat 3 times, brush hands up & down side of boat, until rescue boats bow presented, roll back up using their bow)	Lewis Symonds
Eskimo roll (right handed) (Setup blade parallel to boat, push hand to surface, rotate blade to 30°, sweep out to 90°, pull down on blade & dynamically hip flick boat up, keeping head in water)	James Ward
Eskimo roll (left handed) (as above but on off side)	Ben Carter
Hand roll (as above but without paddle)	Tom Allbrook
Storm Roll (As Eskimo roll, but paddle deep in water, approach vertical)	Ben Carter
Double Pump (The building block for free style moves)	Ben Carter
Stern Squirt (Sweep stroke, edge boat, aggressive reverse sweep with stern lean, slice paddle forward & pull to bow)	Tom Allbrook
Relay race	All Kayakers

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