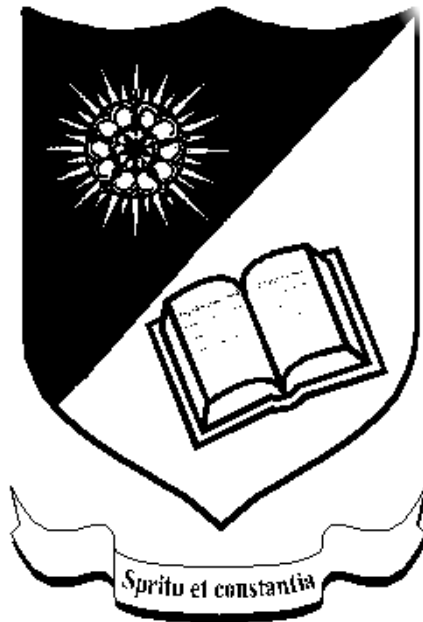


MCS Swimming Gala



Dec. 2007

Juniors

Race on Front

Race on Back

Underwater Challenge

Under water hoops & retrieve brick

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

Intermediates

Frontcrawl

Backcrawl

Breast stroke

Butterfly

Team rescue relay race

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

Underwater distance challenge.

Dive

2pm to 3pm

Tuesday 18th Dec. 2007

at

Exeter University's St Luke's Baths

*Sorry for the mix up last week,
many of you made a great effort to be there for your child/children.*


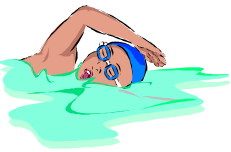
Parents, Relatives & friends welcome.
We have the use of the pool for the above times only,
please wait in the foyer area until 2pm
Thank you.



ASA

Amateur Swimming Association

Autumn
2007

Duckling Award 	Level 1	Isabella Jenner
	Level 3	Edward Marsh
National Swim Plan  <p>Numbers next to names indicate distances swam on one session in 60 mins.</p> <p>The pool is 22.8m long 1,609m = 1 mile</p>	Level 1	Geogia Smith 25m Jenson Hill Cameron Kelly 25m Ellie Alexander 25m Lawrence Levy
	Level 2	Victoria Lee
	Level 3	Callum Hill Lucy Calvert 25m
	Level 4	Jasmine Jenner 25m
	Level 5	Kelly Williams 25m Rebeca Brady 25m Antonia Williams 525m
	Level 6	Elle Cox 182m Hayley Knowles 500m
	Level 7	Joe Hogan 1,322m Jared Hill 640m Charlotte Hill 1,029m
	Level 8	Louis Symonds 1,414m Sam Stainer 205m Michael Worth 1,642m Max Deane Lawrence Stoneman
	Level 9	Harley Henson 1,642m Simon Fogg 1,368m Emma Ward 500m Katie Aplin 2,097m
	Level 10	James Ward 1,733m Ruan Grose 2,066m Alice Jenner
	Level 11	Victoria Bishop 2,280m

Pupils are given the chance each term to take one of the ASA awards, not only those above, but; Personal Survival, Diving, School Speed, Water Polo + many more.

Please remember to remove foot wear in the pool area.



Thank you so much
for attending
the pupils really enjoy racing
with you watching

Have a lovely Christmas
& New Year