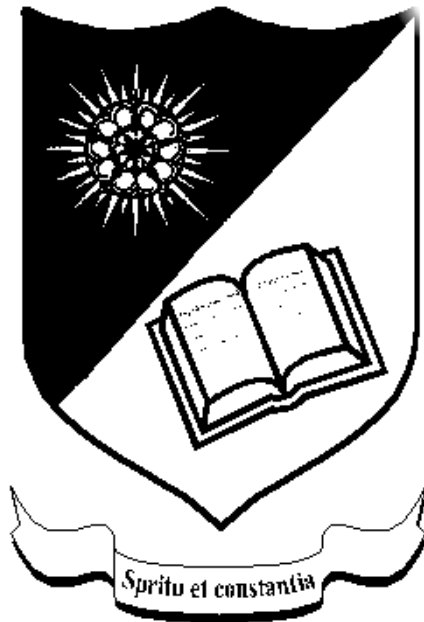# MCS
Swimming Gala

Spritu et constantia

March 2008

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 / Advanced

Frontcrawl
Backcrawl
Breast stroke
Butterfly
Front crawl tumble turn race (3 turns, 4 widths)
Underwater distance challenge.
Retrieval of manikin from bottom of pool
Dive

2pm to 3pm
Wed. 12th Mar. 2008
at
Exeter University's St Luke's Baths

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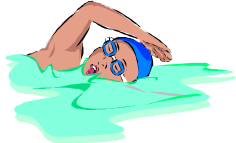please wait in the foyer area until 2pm
Thank you.

ASA
Amateur Swimming Association

Duckling Award	Level 1	Isabella Jenner 5m
	Level 3	Edward Marsh
Current National Swim Plan Levels 1-12 *New National Swim Plan from the summer term* *Levels* *1-7 - swimming* *8-10 - Competitive swimming* *8-10 - Diving* *8-10 - Synchronised swimming* *8-10 - Water polo* *8-10 - Rockie Lifeguard*	Level 1	Jenson Hill Lawrence Levy
	Level 2	Victoria Lee
	Level 3	
	Level 4	Jasmine Jenner 25m Cameron Kelly 25m Ellie Alexander 25m Geogia Smith 25m Callum Hill 25m Lucy Calvert 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
Numbers next to names indicate distances swam on one session in 60 mins. The pool is 22.8m long 1,609m = 1 mile 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	Level 8	Louis Symonds 1,414m Sam Stainer 205m Michael Worth 1,642m Max Deane Lawrence Stoneman Charlotte Hill 1,029m
	Level 9	Simon Fogg 1,368m Emma Ward 500m
	Level 10	Katie Aplin 2,097m Harley Henson 1,642m
	Level 11	Ruan Grose 2,066m James Ward 1,733m
	Level 12 Top Level	Alice Jenner Victoria Bishop 2,280m

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 Easter
Lets hope the sun shines!