

## CHESTER PARK JUNIOR SCHOOL

22-11-18

Dear Parents/Carers,

We have a wonderful opportunity to put a team of swimmers forward for the annual Bristol Schools' Swimming Association Primary Schools Championships for 2018/2019.

This is a fantastic opportunity and another chance for us at Chester Park Junior School to show how we can shine as active individuals.

### Dates for the 2018-2019 champs

**Please note that the heats will take place in school times but the final will take place on a Saturday and will require parents to accompany their child/ren.**

**Heat 1** - Tuesday 29th January 2019 **1.30-3.30pm** at Easton Leisure Centre

**Heat 2** - Friday 1st February 2019 **1.30-3.30pm** at Easton Leisure Centre

**Heat 3** - Tuesday 5th February 2019 **1.30-3.30** at Horfield Leisure Centre

**Heat 4** - Friday 8th February 2019 **1.30-3.30** at Horfield Leisure Centre

**Final** - Saturday 30th March 2019 **5.00-7.30pm** at Horfield Leisure Centre

Swimmers are required to be of an appropriate standard and should be able to swim the stroke/strokes they are entering confidently (25m – 100m). Below is a chart to show the different strokes that children are expected to be able to do.

**Guide times in seconds**

Stroke	Distance	Boys	Girls
Butterfly	25m	28	28
	50m	58	58
Backstroke	25m	29	29
	50m	60	60
Breaststroke	25m	31	31
	50m	63	63
Freestyle	25m	26	26
	50m	55	55
Individual Medley	100m	2 mins	2 mins

**The guide times are for schools to gauge if this is an appropriate competition for swimmers to take part in.**

If you wish your child/ren to take part and they can confidently swim from 25m to 100m then please complete the enclosed form and return to Miss L Sherman by Friday 14<sup>th</sup> December 2018.

Many thanks

Louise Sherman

PE Lead

Please complete the form and return it to Miss L Sherman by Friday 14<sup>th</sup> December 2018.

I wish \_\_\_\_\_ Class \_\_\_\_\_ to attend the annual Bristol Schools Swimming Association Primary Schools Championships for 2018/2019.

Swimmers may enter a maximum of **3 INDIVIDUAL** events but may **not** enter both 25m and 50m races for any one stroke.

Please tick the races you are interested in. If you have an idea of time, please add that as well. You **DO NOT** need to swim in all the events.

**Individual events form**

Event	Tick your interests	Time
25m Free disability		
25m Free		
50m Free		
25m Breast		
50m Breast		
25m Back		
50m Back		
25m Fly		
50m Fly		
100m IM ***		

*\*\* Please enter a time if you know it.*

*\*\*\* Please note: the IM is the individual medley, a race where one individual swimmer completes all 4 strokes (butterfly, backstroke, breaststroke and frontcrawl). The medley relay is the team competition (see next page).*

Please also be aware that I can only enter your child/ren if we have enough children show an interest.

Thank you for your continued support.

Louise Sherman

PE Lead