



West Park School

Te Kura Park Te Hauauru

Every student matters, every moment counts.

Broderick Road, Johnsonville, Wellington 6037, Phone (04) 478 7074, Fax (04) 478 7593

WEST PARK SCHOOL SWIMMING SPORTS 2018 YEARS 4-6

WHEN: THURSDAY 16TH AUGUST

WHERE: KEITH SPRY POOL - JOHNSONVILLE

TIME: 10:30-2:00 (leaving school approx. 10am)

Dear Parents, Caregivers & Whanau,

We are excited that our West Park Swimming Sports are coming up in Week 4. Todd Morton from Easy Swim will be running the event, alongside Amy Bos and Zoe Thornton.

All students are expected to participate. We will be using both the main pool and teacher's pool.

Students will be given a coloured band to wear around their wrist, which indicates their swimming ability. We want to make sure all students are put in a position where they will challenge themselves and stay safe. We do not want to push children too far to the point that they have a bad experience. As we have no record of your child, can you please advise which level you feel your child would suit best. If you have any questions about your child's ability, feel free to contact Todd at manager@easyswim.co.nz.

GREEN

Green is for swimmers who can confidently swim at least one length of Freestyle and Backstroke and could attempt Breaststroke. These swimmers will be expected to do Freestyle and Backstroke as a minimum. This is Easyswim levels Hammerheads, Dolphins, Orcas and Sharks. For WCC lessons this would likely be if your child is of a level where their lesson takes place in the main 25m pool, likely main pool marlins and above.

YELLOW

Yellow are for swimmers learning the freestyle breathing who could make a full length in a 25m pool (Keith Spry or Tawa Council main pools). These swimmers will be encouraged to try one length Freestyle and Backstroke and will then be able to join swimmers in the learner's pool for the novelty events. WCC level Shallow End Snappers.

RED

Red is generally for beginner swimmers who are learning to float, kick, freestyle arm circles WCC Breathing Baracudas level and below. These swimmers will participate in the Mini Swim Sports Events in the learner's pool which is shallow and all children will be able to touch the bottom in.

The 'Have A Go' Approach:

Last year a number of capable swimmers did not enter the slightly harder events such as Butterfly, Breaststroke or the 50m Freestyle and Backstroke. To encourage swimmers to do these this year, we will be using the 'Have A Go' approach. This means, for example, students can try Butterfly and Breaststroke, but then switch to an easier stroke midway down the pool if need be. *Please note however that if a student switches strokes, they will not be eligible to qualify for Northern Zone.* If you could encourage the 'Have A Go' approach from home, that would be great.

Students swimming in the main pool can swim a **maximum of four events, but cannot swim any stroke twice.** This means those who swim four times must choose either the 25m Freestyle or the 50m Freestyle, and either the 25m Backstroke or the 50m Backstroke.

Ribbons, Fun and Participation

We plan to make the day as fun as possible and have ribbons for 1st 2nd and 3rd place. Further, a special "Four Strokes Legend" ribbon will be given to kids attempting all four strokes.

Order of Swimming Events:

1. 25m Backstroke (Yellow and Green)
2. 25m Freestyle (Yellow and Green)
Yellow and Red band swimmers then move to Mini Swim Sports
3. 25m Breaststroke (Green)
4. 25m Butterfly (Green)
5. 50m Freestyle (Green)
6. 50m Backstroke (Green)

All events are timed. 1st/2nd/3rd will earn ribbons. No finals.

The two students with the fastest times in the 50m Freestyle, 25m Backstroke, 25m Breaststroke, 25m Butterfly, 25m Freestyle for boys / girls in each year group will make it through to the Northern Zone Swimming Sports.

Items (all to be named) to bring:

- Togs (**to be worn under clothes before coming to school**)
- 1x Towel (2nd towel optional)
- Goggles (optional)Swimming Cap (optional)
- Lunchbox with easily accessible snacks
- Drink bottle

Please fill out the permission slip on the following page, and return to school by (**Wednesday 8th August**).

Kind regards,

Todd Morton (Easyswim),
Amy Bos
Zoe Thornton



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PERMISSION SLIP – PLEASE DETACTCH. TO BE RETURNED TO YOUR CHILDS CLASSROOM TEACHER

I give permission for my child to participate in the West Park School Swimming Sports at Keith Spry Pool.

Student first & last name: _____ Room: _____

Swimming Ability (*please circle one*)

GREEN

YELLOW

RED

I can attend as a parent help, and walk students to and from Keith Spry Pool, and help with the events on the day.

Parent / Caregiver Name: _____

Signed: _____

Please discuss with your child which events they intend on entering, and indicate below by ticking the correct boxes. Remember students swimming in the main pool can swim a **maximum of four events, but cannot swim any stroke twice.**

	Green	Yellow	Red
25m Backstroke			
25m Freestyle			
25m Breaststroke			
25m Butterfly			
50m Freestyle			
50m Backstroke			

My child will participate in the Mini Swim Sports (Red ability)