



20 February 2024

Junior Swimming Carnival –Targeted Year 2 students only

Dear Parents and Carers

Students in Year 2, who were born in 2016 and **turn 8 years old this year**, are eligible to swim in the heats of our Junior Swimming Carnival on Thursday 29 February 2024 in our school pool. This is not a carnival for students still in the 'Learn to Swim' phase of development. **Only very competent swimmers** may participate in this carnival as the top two or three from Finals Night will represent our school at Zone.

NB: Students will need to be endorsed by our swimming coaches as competitive swimmers in order to enter this carnival. Ms McDonough will contact Year 2 parents to advise whether or not your child has been endorsed. When Year 2 students have finished their races, they will return to class for the remainder of the day.

All Year 2 students will have the opportunity to participate in their own carnival in Term 4.

On the day students should:

- bring swimmers, **including cap (compulsory)**, goggles; sunscreen, hat, bottle of water and towel
- dress in sports uniform
- bring lunch or order from the Canteen

The **fastest five times** for all events will contest the finals on the evening of Wednesday 6 March 2024.

For those who qualify for Finals Night, there will be free technique training on Friday 1 March 2024 from 4:00 pm - 4:30 pm. This extra coaching is courtesy of the Pool Committee. Feel free to contact them at: swimming@lpspandc.org.au

NSW Health has advised of very high rates of cryptosporidiosis, a diarrhoeal disease, in the community. Students should refrain from swimming if they are experiencing or have experienced in two weeks prior to the carnival, gastrointestinal symptoms such as diarrhoea. Students are reminded to avoid swallowing pool water.

Please return the form on the next page to Ms McDonough **only if your child wishes to compete in this carnival**.

Kind regards

Michelle McDonough
Sports Coordinator

Megan Lockery
Principal

EXPRESSION OF INTEREST AND PERMISSION NOTE
Year 2 Entry into Junior Swimming Carnival
No Late Entries can be accepted
Please return to Ms McDonough by Friday 23 February 2024

I have read the information provided and I hereby consent to my child _____ of class _____ participating in the LPS Junior Swimming Carnival. It will be held in our school pool on **Thursday 29 February 2024 or on a backup date if postponed due to inclement weather.**

I can confirm that my child swims competitively on a regular basis.

I understand that in the event of stormy or extreme weather, the carnival will be rescheduled.

*Please list the events that you would like your child to be entered in (See program attached)

In relation to the proposed swimming activities, I advise that my child is a:

(Tick one box and leave all others blank)

- Non-swimmer** – my child is unable to swim.
 - Weak swimmer:** – my child is not a confident swimmer or is not comfortable in the water.
 - Average swimmer** – my child is a reasonable swimmer but is not very strong or confident in deep or fast water.
 - Strong swimmer** – my child is a strong swimmer and is very confident in deep or fast water.
- I acknowledge that this event is required to be held in accordance with any current NSW Health and NSW Department of Education’s policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating in this event. I confirm that my child will not attend if displaying any symptoms.
 - I acknowledge that my child will be under the duty of care of the supervising teachers.
 - I acknowledge that if my child seriously contravenes behavioural expectation, they may be immediately excluded from this event.
 - In the event of any accident or illness, I authorise the obtaining, on my behalf, of an ambulance and any such medical assistance that my child may require. I accept full responsibility of expenses incurred.
 - I acknowledge that if my child sustains a concussion, or experiences any concussion symptoms, in the 14-day period prior to the event commencing, I am required to report this to the organising teacher. I further acknowledge that, should this occur, my child will only be permitted to participate in the planned activities, if a medical clearance is provided.
 - I affirm that, to the best of my knowledge, my child has no medical condition or injury that places them at risk by participating in this sport activity.

Parent/Carer Name: _____ Child’s Date of Birth: _____

Signed: _____ Date: ___/___/___

Contact Phone Number: _____

Junior Swimming Carnival Events

| | | | |
|------------------------|---|-----------------|--------------------------------------|
| All Age (8 – 12 Years) | 100m Freestyle | Girls then Boys | 9am |
| 8 Years | 50m Freestyle | Girls then Boys | Approx. 9:40am |
| 9 Years | 50m Freestyle | Girls then Boys | |
| 10 Years | 50m Freestyle | Girls then Boys | |
| Junior (8/9/10 Years) | 50m Breaststroke | Girls then Boys | Approx. 10:40am |
| All Age | Novelty Races – 25m Swim (Not for Year 2 students) | Girls then Boys | RECESS or LUNCH (11 – 11.30) approx. |
| Junior (8/9/10 Years) | 50m Backstroke | Girls then Boys | Approx. 11.30 am |
| Junior (8/9/10 Years) | 50m Butterfly | Girls then Boys | Approx. 12.30pm |
| Junior (8/9/10 Years) | 200m Medley (Order - Butterfly/ Back/ Breast/ Free) | Girls then Boys | 2:00pm |