

22nd March 2019

Dear Parents/Caregivers

Inter-School Swimming Sports

Your child has been selected to represent the school at the Interschool Swimming Sports to be held at Selwyn Aquatic Centre, Rolleston on Tuesday, 2nd April beginning at 9.15am.

We will be travelling to the event by bus. Your child will need to be at school at **7.45am** ready to leave on the bus at **8.00am**. We will return at the completion of the competition, approximately 2.00pm.



204 Selwyn Street
Christchurch 8024
Ph (03) 332 2408
Fax (03) 337 2140

A confirmation of the events your child is in will be displayed on H2's window at school. Please encourage your child to check this list as soon as possible. We have attached technical information as supplied by Primary Sports Canterbury to help with race starts and disqualification rulings. Further information can be found at www.primarysportscanterbury.org.nz and follow the tabs: Rules, Canterbury AIMS Schools, Swimming, Information 2019.

Your child needs:

Named togs, towel, goggles (if required) and warm clothes (a tracksuit jacket will be supplied), snacks, and a drink should be taken to the event and any medication needed should be taken by your child. Children are to wear school PE shirt under issued tracksuit jacket. Your child **must wear** a school navy swimming cap in all events and this will be supplied by the school. Tracksuits jackets will be issued prior to the event and need to be returned to school clean and in a named plastic bag to the black bin in the office by Monday 8th April.

For this event to run successfully Primary Sports Canterbury have asked if we could provide 3 additional adult helpers for timekeeping duties. If you are able to help, please complete the slip below. Please return the slip to the office by **Thursday 28th March 2019**.

If your child is unable to participate, will be absent from school on the day or you have any questions, please contact Gae Johns who is the teacher in charge of the team at g.johns@chchsouth.ac.nz.

Yours sincerely

Gae Johns
Teacher in charge

Inter- School Swimming Sports – Permission Slip/Parent Helper

☐ I give permission for _____ Room _____ to travel by bus to compete in the Inter School Swimming Sports at the Selwyn Aquatic Centre.

I am able to help at the Inter-School Swimming Sports on the 2nd April 2019.

☐ I would prefer to travel on the bus with the team departing at **8.00am**
Or

☐ I will meet the team at the Selwyn Aquatic Centre at **8.45am**

Name of parent /caregiver _____

Mobile Number _____

Signed _____

Please return to the office by Thursday 28th March 2019

CANTERBURY AIMS SWIMMING CONT.

TECHNICAL INFORMATION:

The Canterbury AIMS Schools Sports Council wishes this event to cater for positive participation of non-specialist swimmers in a non-threatening environment however please note the following.

Starting blocks **are optional for all races.**

All starting procedures are listed below for each stroke.

Once the swimmers have completed their race they are to remain in their lane holding on to the lane ropes waiting quietly and still while the referee and starter starts the next race.

Once the race has started the swimmer needs to quickly swim under the lane ropes across to the nearest side of the pool and exit the pool. Climbing over the top of the pool is not permitted.

Please be aware that this is not a Swimming New Zealand sanctioned event and disqualifications have been streamlined to only focus on the common errors that swimmers make. Having said this, please ensure that your swimmers are aware of the rules set out below. If you or your swimmers are not sure of the below rules then contact Geoff Bryce 021 051 5297 for clarification.

The Race/Start:

Disqualifications Rules:

These race rules cover all events/races and should be read in conjunction to the individual stroke rules.

1. Failed to finish the whole distance
2. Failed to touch the wall at the turn/finish
3. Took a stride/step on the bottom of the pool
4. Walking on the bottom of the pool
5. Pulling on the lane rope
6. Swimmer "y" started before swimmer "x" touched
7. Wearing more than one swimsuit.
8. Started before the signal being given
9. Delaying the Start

Freestyle:

At the start of the race the referee will blow the whistle and at that point you need to either position yourself on top of the starting blocks or stand on the edge of the pool beside the starting block ready to start the race. The starter then will announce "Take your marks" then the beep will sound to start the race. After the starter says "Take Your Marks" get into your start position, then there is to be no movement on the blocks, until the beep sounds

Disqualifications Rules:

1. Failed to touch the wall at the completion of each length.
2. Head did not break the surface by the 15m mark at the start/turn
3. Walking on the bottom of the pool

CANTERBURY AIMS SWIMMING CONT.

Backstroke:

At the start of the race the Referee will blow the whistle and swimmer will enter the pool feet first. On the second whistle the swimmer needs to be holding on to the starting block handles or the edge of the pool ready to start their race. The starter will then say "take your marks" then beep will sound to start the race. After the starter says "Take Your Marks" get into your start position, then there is to be no movement until the beep sounds.

Disqualifications Rules:

1. Toes bent over lip/gutter at the start
2. Left a position on the back during the race
3. Head did not break the surface by the 15m mark at the start/turn
4. Swimmer completely submerged at the finish
5. Left the position on the back and did not initiate turn
6. Failed to touch the wall at the turn
7. Not on the back when leaving the wall at the turn.

Breaststroke:

At the start of the race the referee will blow the whistle and at that point you need to either position yourself on top of the starting blocks or stand on the edge of the pool ready to start the race. The starter will then say "take your marks" then the beep will sound to start the race.

After the starter says "Take Your Marks" get into your start position, then there is to be no movement on the blocks, until the beep sounds.

Disqualifications Rules:

1. Butterfly kick not during the first arm stroke at the start/turn or more than butterfly kick at the start/at the turn. More than one full arm stroke or leg kick underwater at the start/turn.
2. Left a position on the breast during the race
3. Hand brought back beyond the hip line
4. Head failed to break the surface during each complete stroke cycle.
5. Head failed to break the surface before the inward movement of the second arm stroke
6. after the start/the turn
7. Butterfly kick during the race
8. Hands not separated or non-simultaneous touch of hands at the turn/finish

Butterfly:

At the start of the race the referee will blow the whistle and at that point you need to either position yourself on top of the starting blocks or stand on the edge of the pool ready to start the race. The starter will then say "take your marks" then the beep will sound to start the race. After the starter says "Take Your Marks" get into your start position, then there is to be no movement on the blocks, until the beep sounds.

Disqualifications Rules:

1. Left a position on the breast during the race.
2. Non-simultaneous movement of the arms over/under the water

CANTERBURY AIMS SWIMMING CONT.

3. Forward movement of the arms under water
4. Alternating kick
5. Hands not separated or non-simultaneous touch of hands at the turn/finish
6. Head did not break the surface by the 15m mark at the start/turn