

Swimming Carnival 2015

Dear Students, Parents and Caregivers,

Killara High School's Annual Swimming Carnival will be held at Lane Cove Aquatic Centre on **Tuesday 3rd February 2015**. A program of events and records is on the PDHPE notice board.

Students are to wear full PDHPE uniform or House colours on the day. Travel to and from the venue will be by bus (Transdev). The buses will be departing school from 9.00am after roll call. Students will be returned to school in time for the normal departure of afternoon buses.

There are many events for students to enter - 50 metre Freestyle, Breaststroke, Backstroke and Butterfly, 200m Freestyle and 200m Individual Medley and house relays. All these events are straight finals. There will also be a 'lemming swim' for non-competitive swimmers who wish to earn points for their house or students can nominate themselves as a 'student helper' if they chose not to swim on the day.

Please note:

- **The 200m Freestyle and 200m Individual Medley will be held early on the morning at 8.30am. Students who wish to compete in this event will need to make their own way to the pool.**
- **To increase participation at the swimming carnival the 100m Freestyle has been replaced by the 'lemming swim' and house relays. There will be one 100m Freestyle event for students of all ages who wish to attempt to break the school record. Times for the 100m Freestyle need to be submitted to Mr Bruckshaw by Friday 6th February.**

It is advisable to bring your own food and drink, as the canteen is also open to the public. Students will be allowed to access the canteen between 11:00am and 1:45pm. There is adequate shade provided, however a **hat and sunscreen are essential** items.

Parents are welcome to attend the carnival and if they would like to assist in any way, especially at the early morning events with starting and timekeeping, could they please email Mr A. Bruckshaw ASAP on adam.bruckshaw@det.nsw.edu.au . We look forward to your company.

Remember, you don't have to be a star, just do your best and have fun!

Yours sincerely,

Mr A. Bruckshaw
Carnival organiser

Mrs J. Dennett
Principal



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Swimming Carnival 2015 Permission note

I give permission for my child _____ Yr ____ to attend the Swimming Carnival at the Lane Cove Aquatic Centre on Tuesday, 3rd February 2015.

In relation to the proposed structured aquatic activities (please circle response):

1. My child's swimming ability is (please circle response):

- **A non swimmer:** My child is unable to swim
- **A weak swimmer:** My child is comfortable and confident in shallow water but cannot swim very well
- **An average swimmer:** My child is a reasonable swimmer but is not very strong or confident in deep water
- **A strong swimmer:** My child is a strong swimmer and is very confident in deep water

2. Please state if your child is not permitted to go in the water:

.....
Signed parent / caregiver

Please return your permission note to the office by Friday 30th January.

Signature of Parent/Caregiver

Date