



Queen Eleanor's Church of England Junior School
An Academy in the Good Shepherd Trust*
Queen Eleanor's Road, Onslow Village, Guildford, GU2 7SD
E-mail: office@queen-eleanors.surrey.sch.uk
Tel: 01483 561323



"A caring, supportive community, grounded in a Christian ethos, where children are inspired to explore their potential and develop skills for life."

Head Teacher: Jo Davies

Dear parents,

We are looking forward to the swimming gala on Saturday 21st May and hope your child is too.

Please meet inside near the reception of Guildford Spectrum **by 5:30pm** to register with our team of volunteers who will accompany the children for the event.

Your QE team volunteers on the evening will be:

- Abigail Garner (L2 Swim Teacher, Club Captain WVSC, former pupil at QE) – will be at race start
- James Garner (L2 Swim Teacher, Lifeguard, former pupil at QE) – will be at race end
- *Ella Garner (Swim England Young Volunteer, former pupil at QE) – poolside steward*
- Hattie Cronin – poolside steward

If you need to contact us on the day before the event (for instance, in the event of illness), please e-mail the school office (office@queen-eleanors.surrey.sch.uk) and Mrs Davies will be monitoring the e-mails to notify the organisers.

Children should be **RACE READY** when they arrive. In other words:

1. Already dressed in their swimming costumes.
2. No jewellery is allowed at all. Please check that earrings have been taken out – they cannot be taped.
3. Long hair should be tied back.

They will also need

1. A towel
2. Their PE t-shirt for sitting poolside between races
3. A swimming hat (we can lend hats, please let us know if you need one)
4. Goggles
5. Plenty of water to drink in a plastic container – **no fizzy drinks, or metal or glass containers** please. **NO FOOD OR SWEETS** should be brought onto the poolside.
6. If any swimmers suffer from asthma, or other relevant medical condition, they **must notify** us before the event. **Medication must be on poolside** with them.

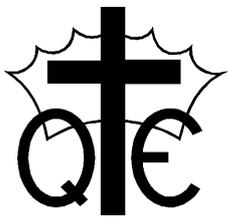
Races will be allocated randomly although the stroke preferences will be considered. We expect that each child should have at least 2 races. There will be volunteers acting as stewards poolside who will tell the swimmers their events and ensure they are in the right place in time.

You are welcome to watch from the viewing gallery. Please be aware there is a **charge of £3 per spectator over the age of 14** which will make some contribution towards the cost of the running the event.

Once the event is finished, we would be grateful if you could make your way down to the swimming pool level and wait in the corridor outside the changing room area. It will be very hectic with so many children and schools taking part, so the children will be brought out in groups as and when they have finished changing. Please don't take your child without letting one of our team of volunteers know.

Many thanks

www.queen-eleanors.surrey.sch.uk



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Competition Overview



Saturday 21st May 2022 at Guildford Spectrum.

(Entry at 6.00pm for 6.20pm warm up. Event will finish by approximately 9.00pm.)

Notes for Guidance

This gala will be run under ASA rules, but the event promoters, Wey Valley Swimming Club, have the right to be flexible in applying these rules.

The gala is intended for Years 4-6 from state primary schools in the Guildford area. We realise most schools will not have many club swimmers, so the gala is designed to reflect this lack of competitive experience and to ensure it is enjoyable for all.

Breaststroke

In Breaststroke arms and legs must move in the same horizontal plane, simultaneously, and the swimmer must touch at the end with both hands simultaneously.

Freestyle

This can be any stroke and the swimmer can touch with any part of the body at the end. Usually front crawl is swum because this is the fastest stroke.

Backstroke

For the start of the backstroke race the swimmer must look straight ahead, not sideways. At the end of the race the swimmer must touch with any part of the body, whilst remaining on his/her back (i.e. not turning on to front)

Relays

The incoming swimmer must touch the wall before the next swimmer lets go of the wall.

Starts

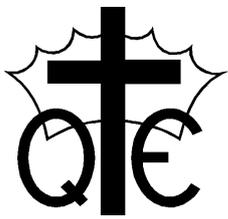
All swimmers will start in the water in all races, in order to give everyone a fair chance and on the grounds of safety.

Finishing

At the end of each individual race and on the last leg of the relays, swimmers must not get out of the water until they are told to do so by the referee.

Novelty Races

The **Novelty Races** will be mixed – two girls and two boys from each age group (12 children per team).



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There will be two Novelty races to give as many children as possible the chance to take part, because these are often the races that they are talking about on the Monday! Please use different children as much as possible for the two races to spread the fun around.

The first Novelty Race will be the **swapping the t-shirt race**. Only the swimmer wearing the t-shirt and the next swimmer to race are allowed to touch the t-shirt. *The shirt swap is to be done out of the water and only the swimmer and the swimmer they are handing the shirt over to can assist.* T-shirts will be provided by Wey Valley on the day. Arms must be inserted into the t-shirt properly. No diving or jumping back into the water.

The second Novelty Race will be the **ball relay** where the swimmers have to control the ball up and down the pool. On hand-over, the *incoming swimmer must touch the pool wall with the ball in their hands* - only then can the outgoing swimmer take the ball and swim away. Whilst swimming, the ball must be kept under control at all times and within the swimmer's grasp, the ball is not to be thrown ahead and swam after.

The **Final Squadron Race** will be mixed girls and boys – two girls and two boys from each age group (12 in total).

Want to find out more about Wey Valley Swimming Club?

Visit our website wvsc.co.uk to find out more about our programmes, from Learn to Swim, Junior Squad, Senior Squad, Social and Master Squad. You can also request a free trial.