



Seabrook Primary School

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Principal: Ann O'Connor

Seabrook Squad Swimming Training 2021

Dear Parents and Students,

The District Swimming sports are coming up on the **23rd of February** this year and to give as many students as possible the opportunity to participate and represent Seabrook, a training group will commence at the **Laverton Pool (Jennings St. Laverton, next to Laverton P-12 College)**.

The training will start on Monday the 1st February from 7.00-8.00 a.m. at Laverton Pool. Unfortunately, due to Covid last yr and waiting to see how Sport would run in 2021, this note is out later than we'd normally do (last week of term 4 usually).

We have been successful at the swimming sports over many years, due to the hard work of our squad group leading up to the day. So, we invite all students from **grade 3 to 6 (who are 9-12+ or turning 9 years old by the 31st of December 2021, which means you can be 8 when swimming is on)** to come along and have a swim, work on your fitness, technique and have some fun. Last year was a great success with more than 30+ children coming most mornings. I hope to see many of those children returning this year as well as some new students trying out and having fun. If you are already in a Squad, maybe 1 level below joining a squad or believe you can swim 50m of one or more strokes (Freestyle, Backstroke, Breaststroke and Butterfly) without stopping, come along and give it a try

Training will be conducted by **Mrs. Joyce (Qualified swimming coach), Mr Diegan (Qualified Swimming Coach), Mr. Trott and Mr. Ganley (P.E Teachers)** will also be in attendance at the Pool or cooking breakfast back at school:

Thursday Feb 4th, Monday Feb 8th will be our other two sessions at Laverton. This will be our final training session at Laverton. We normally have 4, but with the Carnival being brought forward by a week or so, we need to cut back by one session.

After our last session at Laverton, we will have 1 practice session at **Werribee Outdoor Pool (Watton St. Werribee)** and then a morning of trials (for team selection and getting students in their correct order for events). We go to Werribee because it's where the District Carnival will be held on **Tuesday 23rd February (9.30am-2pm approx)**.

***We will let parents know about the arrangements for Werribee during our sessions at Laverton.**

Parents will need to drop off their children at the pool and then pick them up afterwards or make appropriate arrangements with other parents. If anyone has problems with transport please come and see Mrs. Joyce, Mr. Ganley, Mr Diegan or Mr. Trott, or contact the school and we'll try and arrange something for you.

There will be **NO COST** each morning for entry to the pool (Laverton & Werribee), as we have just received some **funding from the Sporting Schools Program (that we can use to help cover some of the costs of our Swimming Training)**. The staff at the pool will be aware there is no charge for the 3 sessions (Lav) & 2 Sessions (W'bee).

The children then have breakfast provided back at school in the Gym, which allows them to get to know each other socially. It doesn't matter if you can't make every session, just come to the ones you can. It won't reduce your chances of making the final team when we do trials (especially if you are already training a few days in a Squad or Club, as a few kids may be doing).

If any parents would like to assist in serving breakfast, please let me know at the pool on the first Monday. It would be greatly appreciated if we could have a couple help each morning.

Thanks

Blair Ganley
(P.E Department)

Sue Joyce
(Swim Coach)

John Diegan
(Swim Coach)

David Trott
(P.E Department)

Return slips at the pool the 1st session you attend. We will have copies at the Pool if you forget to bring your form with you.

Seabrook Swimming Training 2021- February 1st, 4th & 8th @ Laverton Pool (Jennings St. Laverton) 7am-8am.

I give permission for my child to participate in the School Swimming Training at Laverton Pool and I authorise the teacher in charge to consent where it is impracticable to communicate with me to the child receiving any medical or surgical treatment as may be deemed necessary.

Signed: _____ (Parent/Guardian)

Contact Number in case of an emergency _____

Medication Required:

Asthma Epipen Other _____