

Winter

MCS Swimming Gala

Please remember to remove foot wear in the pool area.
Or wear to blue shoe covers.



Thank you so much
for attending
the pupils really enjoy racing
with you watching

Have a lovely
Christmas & New Year
Lets hope for a little snow!



2pm to 3pm
Wed. 7th Dec. 2011
at
Exeter University's St Luke's Baths

Juniors

Race on Front
Race on Back
Underwater Challenge
Early Diving skills
Relay race with the whole group

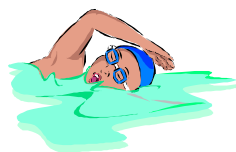
(If parents are present they are welcome to take their child out to get them changed)

Intermediates / Advanced

Frontcrawl
Backcrawl
Breast stroke
Butterfly
Relay Race
Underwater distance challenge.
Dive

Parents, Relatives & friends welcome.
 We have the use of the pool for the above times only,
 please wait in the foyer area until 2pm

Thank you.



Pupils are given the chance each term to take one of the ASA awards, not only those above, but; Personal Survival, Diving, School Speed, Water Polo + many more.



ASA

Amateur Swimming Association

**Winter
2011**

Duckling Award

Levels 1 to 5



New National Swim Plan

Levels

1-7 - swimming
8-10 - Competitive swimming
8-10 - Diving
8-10 - Synchronised swimming
8-10 - Water polo
8-10 - Rookie Lifeguard

RLSS Rookie Lifeguard Awards

Master Lifeguard
 Gold 3
 Gold 2
 Gold 1
 Silver 3
 Silver 2
 Silver 1
 Bronze 3
 Bronze 2
 Bronze 1

Numbers next to names indicate distances swam on one session in 90 mins.

CIN = Children in Need
 Distance swim.

The pool is 22.8m long
 1,609m = 1 mile

SC = Swimming Challenge
 Level 1, 2

Level 1	Harvey James Cyrna Morris Illa Drew James Hooper
Level 3	Sam Barker-Moore Ava Fitzhugh
Level 4	Maddie Drew Shaw Browning Natham Ng Logon Sheers Aron Russel Laya Arden Faith Howard-Vallery Faith Williamson Luke Morris Eva Lee
Level 5	Jessica Norgate Lissie Ardon Harvey Nesbit
Level 2	Isabella Jenner CIN (Children in Need); 600m Alex Hammet Alex Speer Page Norgate Ashley Drew
Level 3	Willoughby Stolworthy; 1,801.2m
Level 4	Jensen Hill 570m. CIN; 1,094m SC:2 George Adey Rebecca Brady 1,140m. CIN 1,094m SC:2 Lauren Pedler 1,140m. CIN; 1,000m SC:2 Geogia Smith 34.2m SC:2
Level 5	Lucy Calvert 1,856m . CIN; 1,049m SC:2 Max Deane 2,872.8m. CIN; 2,280m Bryher Shears. CIN; 600m SC:2
Level 6	Jasmine Jenner CIN; 1,368m SC:2 Duncan Sumner; 2,120.4m. CIN; 1,000m SC:2
Level 8	Jony Bradley-Thrush;1,755.6m. CIN; 1,687m SC:2 Michael Worth 2,280m, RLSS Rookie S2 CIN (Children In Need); 1,414m
Level 9	Katie Aplin 2,302.8m RLSS Rookie S2. CIN; 1,869m Hannah Alexander 2,439.6m RLSS Rookie S2
Level 10	Victoria Bishop. CIN; 3,000m