

Swimming Department



Pupils and Parents Handbook

Thank you in advance, for taking the time to read this. Your support is invaluable and assists both the swimming department and the children. If anyone wishes to discuss any aspect of their child's swimming, please contact me on 01628 594341 or a.burnage@stpirans.co.uk.

Welcome

This document is designed to help parents and pupils to be aware of the procedures that are in place and assist the swimming department in running smoothly and effectively. The children's consistent, steady progress and enjoyment is of paramount importance.

Staff involved in the Swimming Programme

Mrs. A Burnage	Head of Swimming
Mr. E. Barnett	Head of Boys Games
Miss. K Gibbs	Head of Girls Games
Mrs. C Das Gupta	Head of Girls Games (covering maternity leave)
Mrs. J Fricker	Games, Swimming & PE Teacher
Mrs. M Wilson	Year 3 Form Teacher & specialist swimming teacher
Miss V Sultana	Lower School Assistant & specialist swimming teacher
Mrs. J Crick	Lower School Assistant & specialist swimming teacher
Miss D Shellis	Lower School Assistant & specialist swimming teacher
Mrs. M Sweeney	Nursery Nurse & specialist swimming teacher

Policy and Aims

- All pupils are given the opportunity to participate in the sport of swimming, to acquire skills and understanding appropriate to their level of ability and to respond to a variety of challenges.
- They learn the importance of practising in order to improve their performance and how to measure progress through the development of skill and speed. They are given the opportunity to watch, describe and copy what they and others have done. They will discover their own aptitudes for different activities.
- In Nursery the children are introduced to swimming in small groups. A fun environment is created allowing the children to develop water confidence and enjoyment of the water.
- A more structured approach begins in KS1, where they benefit from small group tuition and develop basic stroke technique. All strokes are refined and developed in KS2 together with the introduction of competitive swimming which includes starts, turns, take-overs and the rules governing each stroke.
- A variety of water skills, survival techniques and team games are included in the core curriculum. Children all progress at their own rate and there is no "set" level they are expected to achieve. At the end of Year 6 it is hoped that all children will be able to swim at least 2 different strokes, with confidence over a distance of 50 metres. As you would expect, this is above the targets set by the government.
- Physical co-ordination, stamina, confidence, good technique, competitive drive and, above all, enjoyment are all qualities highly rated by the Swimming Department. It is expected that pupils will be responsible and adhere to the "pool rules" which are in place for their own safety.

Aim at the end of Year 6: To enable pupils to acquire the skills required to

Swim the 4 main strokes; Keep safe in water; Learn Personal Survival techniques; Rescue others in difficulty whilst maintaining their own safety; Take part in Clan Swimming Galas and Clan Water Polo. During Years 7&8 pupils will continue to develop their technical ability in performing the 4 strokes. Where possible a competitive Water Polo match will be organised.

Aim at the end of Year 6: To increase pupils understanding of

How their bodies can move efficiently through water; To know the rules governing each stroke in competitive swimming; To be able to perform efficient starts & turns in competitive swimming; To know how their bodies feel and react in water and be aware of the Water safety Code. In Years 7&8 children will continue to practice starts and turns in order to become more efficient. They will also develop their understanding of Water Safety and learn lifesaving and rescue techniques appropriate to their age.

Swimming Badges

We work towards the ASA (Amateur Swimming Association) National Plan Awards. The children start at level 1 which encourages water confidence, through to level 7 which includes being able to swim 50 metres butterfly. Pupils start in Nursery working towards St. Piran's Awards and are usually following the National Plan by the end of Transition. A badge and certificate will be awarded once the child is able to perform all skills for a particular level to a high standard. It should be noted that St. Piran's lessons include far more than following the ASA National Plan. Synchronised swimming, personal survival, lifesaving, clan swimming galas, water polo all play an important part of what we teach. It can therefore take longer for a child to achieve a particular award if we have been covering other skills. If a child is swimming out of school they may gain awards ahead of the ones they gain in school. Please feel free to come and discuss with me at any time. Pupils are timed in Middle and Upper School on a regular basis. They can achieve personal best times and also speed awards. A badge and certificate is given out in their class assemblies or tutor time. If a child gains a gold speed award in any stroke then the Headmaster presents the certificate and badge at a main school assembly.

School Swimming Lessons

A child may only be 'off swimming' if a written note is handed into matron. Matron will give the child a form stating they should not swim and the reason why. This note must be handed in to the member of staff teaching the lesson. Every child (except Nursery who swim once every 2 weeks) has 1 x 40 minute lesson of swimming each week. If they are invited to join the Swimming Team (from year 3 onwards) then they have an additional 30 minute lesson one morning each week.

Equipment

All children must wear swimming hats and goggles when taking part in swimming. School swimming hats are available to purchase through the school second hand shop. There will be times when they are expected to swim without their goggles as part of the personal survival and safety programme. Spare kit is available from the pool office. Middle and Upper School children should see a member of staff prior to their lesson taking place if they wish to borrow kit. Clan points are awarded to children who consistently remember their kit throughout the term. A minus may be given if a child forgets their kit 2 weeks running. Lower School staff will get spare costumes for the children.

Clan Events

There are 4 Clans; North, South, East and West. Each pupil is assigned to a Clan and siblings are automatically placed in the same Clan. Years 1 & 2 have a "friendly" Clan gala in the Easter Term. Middle and Upper School have a Clan Swimming Gala in the Summer Term. Years 6, 7 & 8 have a Clan Water Polo Match in the summer term. Parents are invited to attend all of these events. Parent involvement increases the child's enjoyment and creates an exciting atmosphere that is enjoyed by everyone. The winning Clan in Middle and Upper School are awarded a cup and points at the end of term final assembly.

Nursery

The children will be accompanied by 2 members of staff from the Nursery to the swimming pool girls' changing room. They will be in small groups (no more than 6) and helped to get ready for swimming. 2 swimming teachers will take each group. The classes are in the shallow end, 1 teacher in the water and the other teacher on poolside. Nursery children swim every other week.

Lower School

The children will be accompanied across from the main school by members of Lower School Staff. They will get changed in either the boys' or the girls' changing room as a whole class. There will always be a member of staff present whilst they are getting changed. The swimming teachers taking the lesson will lead them onto poolside. There are 3 teachers present for each lesson and the class is split into 3 groups by ability. The children must wear a swimming hat and goggles. They will bring their own towel onto poolside in case of needing to evacuate the pool hall.

Extra Swimming Lessons for all children

Extra swimming lessons are available after school and on Saturdays. When enrolling, parents commit their child for 1 term. Fees are payable in advance, either by cheque or added to the school bill. If you would like your child to take part in these classes please complete a registration form that will be passed on to the Head of Swimming. A waiting list is in operation. The children work toward the ASA Water Skills award scheme. This is slightly different from the ASA National Plan Awards that are taken in school. It gives the children an opportunity to develop a breadth and variety of skills whilst still refining their strokes. All teachers after school are specialist swimming teachers and hold an appropriate ASA swimming teaching award as well as a lifesaving award.

Middle School & Upper School

In Year 3, for the first couple of weeks, pupils are accompanied by their class teacher to the changing rooms. Once the children know what to do the member of staff in charge of that lesson will inform them that they can go directly to the changing rooms. Boys and girls get changed in separate changing rooms. Pupils should get ready quickly and quietly. They must shower, go to the toilet and line up by door to pool when ready. Towels are taken onto poolside in case of needing to evacuate the pool hall. Pupils enter pool side with a member of staff and sit down on steps at the shallow end. A register is taken for each lesson. The children are expected to be quiet and listen carefully to instructions. At the end of the lesson the children should shower before getting dressed. The pupils must be ready to leave when the bell goes. If anyone forgets their kit they must see the teacher taking their class. It is helpful if they do this before the lesson is about to begin i.e. at break time.

Middle and Upper School Swimming Teams

These are run throughout the year 8-8.30am, encouraging further opportunities to swim competitively and gain personal expertise. Parents are very welcome to watch their children during any of these sessions if they would like to do so. Boys and Girls are entered into local & national school galas. They are fortunate to benefit from and enjoy our superb swimming facilities and provision. Swimming Team Members are selected at the start of each academic year. This is done purely on the time it takes them to swim 1 length (Middle School) or 2 lengths (Upper School) in front crawl and 1 other stroke. There is flexibility for children to be added in later on if they demonstrate enough improvement. For safety reasons, there is an upper limit on the number of children who can attend these sessions. Once selected for the early morning team practice sessions and the swimming team, children are expected to attend every training session and all galas they are chosen for. If a child is unable to attend for any reason, parents must contact the Head of Swimming in advance. All swimmers are signed in with Matron by the Head of Swimming if they attend early morning team practice.

Middle and Upper School Fixtures

At the start of every term it is intended that every child in the Swimming Team represents St. Piran's School in at least one competitive gala. There are some factors that work against us achieving this goal including cancellation of fixtures and unavailability of children. We will strive to include as high a percentage as possible in galas, whilst maintaining high standards of performance. Children who are selected to represent St Piran's are expected to take part.

Middle and Upper School Team Sheet and Gala Information

Team sheets will be put up in the information lobby, on the school website and in the St. Piran's Centre at least 1 week prior to each gala. All forthcoming galas are listed in the information lobby and shown in the school calendar. Parents and children should check to ensure they are aware of forthcoming galas. All parents are invited to come and support. Children wear the school team swim wear which can be purchased from Hawkinsport. Information on swimwear is given during the practice sessions prior to a gala taking place.

Middle School children taking part in a gala will have a letter to take home with all the relevant information on. On the day of the gala, all swimmers will be given a drink and a snack before their games lessons. A member of staff will direct them over to the pool at 4pm after their games lessons. Children should get changed quickly and sensibly. If a child has attended a gala they may ask to hand in their homework a day late.

Swimmers in Upper School are expected to check team sheets in advance and make sure they collect their prep for that evening. If children are unable to complete their prep due to taking part in the gala they are expected to speak to the member of staff who set the prep and request an extension for the work to be handed in. Swimmers come over to the pool at the appropriate time as per the team sheet information. If they are due to go home early on that day they must inform their parents and if they are missing a paid activity or are unable to attend a gala for any reason they must let the Head of Swimming know in advance.

Behaviour at Swimming Galas

We expect high standards of behaviour at St. Piran's from our representative teams. At galas both home and away we expect all children to be courteous to the opposing teams and supporters, to display good table manners and to behave in a sportsman like way at all times. Full school uniform must be worn for post match. It is good manners to sit with other team members during match tea. Pupils are required to

stay for match tea unless they have been given permission to leave by the member of staff taking that team.

Gala Cancellation

In the event of a gala being cancelled all schools aim to let each other know by 12 noon at the latest. On most occasions we will inform parents by clarion call or telephone in the event of a cancellation.

After Galas

If the parent/guardian is not there to collect their child after a gala, the member of staff in charge will wait with them. Parents who wish to take their children home after an away gala must notify a member of staff at the time of departure. Once match tea is finished for home galas, the children can let the member of staff know when the person taking them home is present and ask to leave. In all instances, children are expected to thank the members of staff present and say "goodbye" before leaving.

Transport to Matches

Wherever possible, school minibuses will be used to transport children to matches; where necessary we also use hire coaches. On rare occasions parents may be asked to help with transport. In this case MOT details MUST be given to the Bursar in order to comply with insurance regulations. Children wear seat belts at all times.

Match Reports

The Head of Swimming will produce a match report. This will be displayed on the notice boards in the main school and the St. Piran's Centre. The Swimming Captains will be asked to read it out in assembly. These reports are included in the weekly Bulletin.

Colours (Junior and Senior)

The pupil must demonstrate a talent for swimming and be a good role model for other swimmers. They must show commitment in training and be helpful to staff members during galas.

Junior colours are awarded at Year 6, although in some cases a child can achieve their colours in Year 5. A woven badge is presented at the End of Term sports assembly. The badge should be sewn on to the playing shorts or swimming towel. Senior Half colours are small red rectangular badges with the sport written on them. These are awarded to children in Year 7 and 8. They are awarded to Year 7 swimmers who have shown great promise and worked hard. If they work hard next year they stand a chance of getting their full colours. A Year 8 child may gain them if they have worked hard over the course of the term. Senior full colours are awarded to children in Year 8 or exceptional Year 7's. A tie is presented by the Headmaster in assembly.

Team Photographs

Team photographs are organised once a year during the Summer Term. They are held after half term. There will be a Middle School photo and an Upper School photo. This is for everyone who is a member of the Swimming Team.

End of Term Sports Assembly

These assemblies are attended by all children in years 3-8 and take place at the end of a term. Certificates are awarded to Swimming Team members only. They will have worked hard, shown particular talent or made significant progress during the term. There are 3 categories and 1 swimmer is chosen from each age group in each category – effort, best team swimmer and improvement. Not everyone can receive an award each term even if they have worked hard or made good progress. The swimmers will all be praised verbally in front of the Headmaster and their peers for their efforts and achievements over the term. Each term there are 4 cups awarded for non team members in the final end of Term assembly for the most improved swimmers (boys and girls in Middle and Upper School).

Mrs. Burnage, Head of Swimming