



ST JOHN'S SCHOOL

www.stjohnsmairangibay.school.nz

87A Penzance Road

Mairangi Bay

Auckland 0630

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14 February 2019

Dear Parents,

Your child has expressed an interest in trialing for the **St John's Inter-School Swim team**, for the North Shore Primary School Swimming Championships being run by North Shore Swimming Club. The meet will be held on **Tuesday 2nd April 2019**, at the Owen Glenn National Aquatic Centre, 14 Antares Pl, Rosedale.

This year, we will be time-trialling the children at the AUT Millennium Pool, on **Thursday 7th March, 12.00pm – 1.30pm**. We require 14 parent helpers on this day for timing, marshalling, and for transport to and from school. If you are able to help, please indicate on the return slip below. No experience is necessary for time-trial helpers. Without parent helpers, we cannot run the trials.

Please note the following:

- Children need to be confident, strong swimmers to trial.
- They will need to bring their swimsuits, goggles, cap and towel on Thursday 7th March.
- Age-groups at Inter-Schools are 8 years old and under | 9 years old | 10 years old and over.
- Boys and Girls events at Inter-Schools are Freestyle, Backstroke, Breaststroke, Butterfly – 25m (1 length) and 50m (2 lengths). There is also 100m Freestyle, 100m Medley, and Relays.
- There are qualifying standards children must meet to qualify for the Inter-Schools.
- Time-trials *and* the Inter-School event, will be held in a deep pool, with starting blocks. Although not compulsory, we would encourage children who make the team to know or learn how to dive-start (except backstroke). Those that can, will be allowed to dive start at our time-trials.
- Children will each be time-trialed in their two strongest 25 metre events (they can request to do more than two *if* strong in several strokes). Please discuss with your child, and indicate on the below slip, the events they'd like to trial for.
- The school will then choose the events to be entered, for those that qualify. Children will compete in a minimum of **three** events each at the Inter-Schools (usually includes a relay).
- We are hoping that North Shore Swim Club will hold some sessions to work on start techniques, and turning techniques. If not, we will try organize something for St John's swimmers.

The children will assemble at the school hall at 11.30am with their lunch and swimming gear. Parent helpers will need to arrive by 11.30am also. We will be leaving school at 11.45am and will be returning at approximately 1.45pm (unless it finishes earlier).

The children will wear their school uniform to and from AUT Millennium. They will change at the venue.

The cost of trialing is \$5.00 per child, to cover the cost of pool hire.

Any queries, please contact Sara Prendergast: sezgast@slingshot.co.nz

Please return the below slip & fee to the school office by Thursday 21st February.

Yours sincerely,

Sara Prendergast
Parent Swim Trials Co-ordinator

Karen Dorrington
School Sports Co-ordinator

P.T.O...

**ST JOHN'S INTER-SCHOOL SWIM TEAM TIME-TRIAL
REGISTRATION SLIP**



Family Name:

Room:	Year:

Child's Name: _____

Date of Birth: DD / MM / YYYY

Age at 2nd April 2019:

Swim School/Squad child attends: _____
(Past or Current)

Swim Level: _____
(Or last level achieved if no longer swimming)

Time-Trials my child would like to participate in are *(please circle two (or more if strong in several strokes))*:

25m Freestyle 25m Backstroke 25m Breaststroke 25m Butterfly

Parent Name: _____ Phone: _____

Email Address: _____

I am able to assist with transport: YES: NO:

- *If yes, how many children can you transport?* To: From:

I am able to assist with time-trials: YES: NO:

**Without 14 parent helpers, we cannot run the trials.*

Payment **\$5.00** pp: online*: eftpos: cash: cheque:

**If paying by direct credit, insert "child's name" and "swim fee" as reference. A/C for direct credit is 12-3042-0320348-000. Online payments must be paid prior to handing in the form. The office will ask to see proof of payment.*

OFFICE USE ONLY

Total Paid: \$ Date Paid:

I give permission for my child to trial for the St John's Inter-School Swim Team.

Signed: _____