



Friday 7<sup>th</sup> February

## Newcastle Zone PSSA Swimming Trials

On Wednesday 19<sup>th</sup> February, students turning 8 this year or older who are competitive swimmers and can swim 50m close to the Zone qualifying times below are invited to attend our school's swimming trials at Wallsend Pool under the supervision of staff members.

EVENT	DISTANCE	GIRLS	BOYS
Girls 8 Years Championship Boys 8 Years Championship	50 metres 50 metres	1.01.0	1.01.0
Girls 9 Years Championship Boys 9 Years Championship	50 metres 50 metres	54.0	54.0
Girls 10 Years Championship Boys 10 Years Championship	50 metres 50 metres	49.0	47.0
Girls 11 Years Championship Boys 11 Years Championship	50 metres 50 metres	44.0	44.0
Girls 12 Years Championship Boys 12 Years Championship	50 metres 50 metres	41.0	41.0
Girls 13 Years Championship Boys 13 Years Championship	50 metres 50 metres	1.00.0	1.00.0
Girls Junior Backstroke Boys Junior Backstroke	50 metres 50 metres	58.0	58.0
Girls 11 Year Backstroke Boys 11 Years Backstroke	50 metres 50 metres	54.0	54.0
Girls 12/13 Years Backstroke Boys 12/13 Years Backstroke	50 metres 50 metres	51.0	50.0

Girls Junior Breaststroke	50 metres		
Boys Junior Breaststroke	50 metres	1.05.0	1.04.0
Girls 11 Years Breaststroke	50 metres		
Boys 11 Years Breaststroke	50 metres	59.0	58.0
Girls 12/13 Years Breaststroke	50 metres		
Boys 12/13 Years Breaststroke	50 metres	57.0	56.0
Girls Junior Butterfly	50 metres		
Boys Junior Butterfly	50 metres	1.01.0	59.0
Girls 11 Years Butterfly	50 metres		
Boys 11 Years Butterfly	50 metres	54.0	53.0
Girls 12/13 Years Butterfly	50 metres		
Boys 12/13 Years Butterfly	50 metres	50.0	49.0
Girls Junior Individual Medley	200 metres		
Boys Junior Individual Medley	200 metres	4.00.0	3.55.0
Girls Senior Individual Medley	200 metres		
Boys Senior Individual Medley	200 metres	3.35.0	3.30.0

Please return this consent form if you and your child believe they can be competitive close to these qualifying times for the Newcastle City Zone Swimming Carnival. Parents and carers are welcome to attend.

Our school values school sport carnivals and the role it can play in supporting the wellbeing of students and their connection to school. During term 4, a similar opportunity will be offered to all students.

The requirements and arrangements are outlined below.

<b>Date</b>	Wednesday 19 <sup>th</sup> February
<b>Venue</b>	Wallsend Swimming Pool
<b>Staff members supervising students</b>	Ulrika Sandberg, James McGill
<b>School arrival time</b>	9:00am
<b>Transport arrangements</b>	School minibus
<b>Trials start time</b>	9:30am
<b>Trials end time</b>	11:30am

<b>Return to school time</b>	11:45am
<b>What to wear</b>	School uniform
<b>What to bring</b>	Swimmers, goggles/cap (if you have)
<b>Cost</b>	\$3.00 on the day
<b>Return permission note to:</b>	Ms O'Brien
<b>Further enquiries please contact:</b>	Ms Sandberg

### ***Accident insurance information***

*In the event of injury, no accident or medical insurance cover is provided by the NSW Government Treasury Managed Fund for students participating in school sporting activities, physical education lessons or any other school endorsed activity, unless there is a breach of duty of care by department or school staff. The NSW Department of Education is insured to meet the financial impact of any legal liabilities arising from its activities. It does not provide, nor has it ever provided, accident or medical insurance for students enrolled in government schools.*

### ***Concussion management***

*When a student enrolled in a government school is diagnosed with concussion, the principal must be advised in writing as soon as the diagnosis is confirmed. Students may only return to sport and physical activity once a medical clearance has been provided to the school and, if at a school sport event, to the supervising teacher.*

*Any student that experiences a suspected concussion during a school-endorsed activity, will be removed from the activity and parents/carers will be advised that a medical follow-up is required.*

*If medical clearance is not provided, the student cannot participate in vigorous or competitive school sport or physical activities for 21 days from the concussion date.*

Please return permission notes and payment by Friday 14<sup>th</sup> February.

If, for any reason, the school swimming trials are postponed or cancelled, the school will communicate this through the Jesmond Public School Facebook page.

Ms O'Brien and Ms Sandberg  
Organising Teacher

James McGill  
Principal

## Parent/carer permission sign off – Swimming Trials

Please return signed permission notes and payment by Friday 14<sup>th</sup> February.

I give permission for my child \_\_\_\_\_ of class \_\_\_\_\_ to participate in the Newcastle City Zone Swimming **Trials** on Wednesday 19<sup>th</sup> February at Wallsend Pool.

I have read and understood the requirements and arrangements for the school swimming carnival.

The \$3.00 payment can be made on the day at Wallsend Pool.

Is your child permitted to swim (please tick response):

- No. As a non-swimmer, I am aware that alternative activities will be provided for my child.
- Yes. I am aware that all students will be closely monitored during the carnival. To assist with planning, please tick which statement best describes your child's swimming ability:
  - A weak swimmer:** My child can swim/paddle but only in shallow water where they can stand.
  - An average swimmer:** My child can swim 25 metres without stopping and is confident in deep water where they cannot stand.
  - A strong swimmer:** My child can comfortably swim 50 metres in deep water in one stroke without stopping.

Parent/carer's name:	Parent/carer's signature:
Date:	