

8th February 2024

Dear Parents/Caregivers,

KATIKATI COLLEGE SWIMMING SPORTS 2024

This year we will be running our annual swimming sports days at the Dave Hume Pool. The swimming sports will run over 2 days. Day 1 is a fun day and day 2 is a competitive day. The fun day is for ALL students. The competitive swimming day is for championship swimmers (confident swimmers).

The format is as follows:

Thursday 15th February (Fun day):

This will involve ALL students having a 2 period block over at the pool. The expectation is that all students will be swimming, any students who don't have their togs will go to their normal timetabled class. The remainder of the day students will be attending classes as normal.

Swimming timetable is:

9.50am-12.20pm (periods 2, Interval & period 3):

Years 7,8 & 9

12:20pm-3.05pm (periods 4, lunchtime and period 5):

Years 10,11,12 and 13.

NB: Students must wear school uniform to school. House colours may be worn at the pool but no face or body paint.

Friday 16th February (Championship day):

This will be from 9.50am (Period 2) to 3.05pm. This is for Years 7-13 Championship swimmers only. Students who would like to be involved will pre-register for their events by completing the 'Championship Sign Up' google form which will be sent to each student's school email address. **All championship students must enter a minimum of three and a maximum of five events.** Students need to choose their events carefully as we don't want students changing their events on the day.

All students not entering this event will follow their normal timetable.

Students will swim in the following age groups:

Year 7, Year 8 and Junior (under 14 years of age as of 1st Jan 2024).

Intermediate (Under 16 years of age as of 1st Jan 2024). Senior (16 years of age or older as of 1st Jan 2024).

The events are as follows:

Year 7 & 8: Freestyle (1, 2 & 3 Length options), Backstroke (1 & 2 Length options), Breaststroke (1 & 2 Length options), Butterfly (1 Length), Medley (Butterfly, Backstroke, Breaststroke, Freestyle)

Junior, Intermediate & Senior: Freestyle (2 & 3 Length options), Breaststroke (2 & 3 Length options), Backstroke (2 & 3 Length options), Butterfly (2 Length) Medley (Butterfly, Backstroke, Breaststroke, Freestyle)

Year 9 – 13 placegetters may be selected to represent Katikati College at the Thames Valley Secondary Schools Swimming Sports.

Yours sincerely,

Stephen Flude (PE & Health Faculty)

GENERIC RULES FOR CHAMPIONSHIP SWIMMERS

THE START:

- The start in Freestyle, Breaststroke and Butterfly and Individual Medley races shall be with a dive. On the long whistle from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. When all swimmers are stationary, the starter shall give the starting signal.
- Any swimmer starting before the starting signal has been given, shall be disqualified.

BACKSTROKE:

- The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

BREASTSTROKE:

- From the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.
- At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level.
- From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.
- During each complete cycle, some part of the swimmer's head must break the surface of the water.

MEDLEY SWIMMING

- In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.
- Each section must be finished in accordance with the rule which applies to the stroke concerned.

Note: These are some key rules taken from the Swimming New Zealand Regulations.