



January 2012

Dear Parent/Guardian

The Inter-House Swimming Carnival for all students in Years 7 - 12 will be held on Monday 6 February 2012. The details for the day are outlined below in order for you to make any necessary arrangements for your daughter. The procedure behind the selection for this carnival and how the results are used to select the swimming squad is also included for your information.

The carnival format is designed to ensure that there is a balance between participation and competition. The Physical Education Department extends a warm invitation to you to come and be a part of this annual PLC event.

PLC Inter-House Swimming Carnival 2012

Date: Monday 6 February

Venue: Challenge Stadium, Mt Claremont

Arrival Time: **7.45 am.** Students will have to report to their House Advisors to have their name marked off the roll. The first events will be marshalled at 8.15 am.

Start Time: First swimming event 8.30 am (warm up 8.00 am - 8.15 am)
First diving event 8.45 am (warm up 7.45 am - 8.30 am)

Finish: Approximately 2.20 pm. There is NO school in the afternoon. Students may make their own arrangements for the afternoon.

Spectators: All spectators are welcome at a cost of \$3.00.

Transport: All day students are to organise their own transport to and from Challenge Stadium. The boarders' bus will leave at 7.20 am from the front of the Boarding House. If any day students would like to catch this bus they will need to sign their name at Middle or Senior School Reception by recess on Friday 3 February.

Refreshments: The kiosk at Challenge Stadium will not be open to students. They will need to bring their own food and drink in plastic containers.

Programmes: Students will be given a programme on Friday 3 February. Copies for parents will be available at the pool on the day.

Uniform: All students are to wear their sports uniform with House T-shirt. School bathers with House cap must be worn.

Inter-House Swimming Team Selections

All students who have nominated to compete in a race will have the opportunity to do so. The event restrictions for all students are **three individual and one relay**. Students will nominate for their individual events and indicate to the House Swimming Co-ordinators to place them in a participation heat (for points) or a semi-final (timed). Students who finish ranked in the top eight after the semi-final will be invited to compete in the Final.

An Inter-House swimming programme will be given to each student on the Friday before the carnival so they are aware of the order of their events and the approximate start time of each event. All girls need to be seated in their House areas 30 minutes prior to the start time so they can be marshalled for their event. The programme will have approximate starting times. There is a possibility of running slightly ahead or behind schedule.

Inter-House Diving Team Selections

The Inter-House Diving competition is held at the same time as the Inter-House Swimming Carnival. Diving team selections are based on the attendance at Inter-House Diving training at Challenge Stadium and also on a student's experience. No experience is necessary to attend training. The Inter-House Diving competition requires three representatives from each House from each Year. Each girl is required to dive twice from a selected list of dives. The girls will dive in Year groups and then the first six places will be awarded first division points, the second six places will be awarded second division points and the third six places will be awarded third division points.

- **Senior School Compulsory Diving Training:** 6.45 am Thursday 2 February (Challenge Stadium)
- **Middle School Compulsory Diving Training:** 6.45 am Friday 3 February (Challenge Stadium)

Swimming Individual Champions Years 7-12

A winner and runner-up are recognised in each Year group (the winner is the girl who receives the most points in three individual event **finals**).

Diving Individual Champions Years 7-12

A winner and runner-up are recognised in each Year group.

School Swimming Squad

A squad will be selected based on the swimming times from the Inter-House Carnival. Students need to check the sports notice board on Tuesday 7 February at recess. All those selected must attend a meeting regarding the Inter-School Swimming Team in the auditorium on Tuesday 7 February at 12.40 pm. Any students who are not listed but would like to train to improve their times should also attend the meeting and see Ms Pearce or Mr Donaldson. The training schedule for Term 1 is on the PLC website www.plc.wa.edu.au

Yours sincerely

Chantelle James
Head of Health & Physical Education