



Under the Stewardship of Mary Aikenhead Ministries

17 February 2023

Dear Parents/Carers

Congratulations on your daughter being selected to represent **St Vincent's College at the IGSA Swimming Championships**. The carnival will be held at the **Sydney International Aquatic Centre, Homebush, on Friday 17 March 2023**. All squad members should be training at least twice a week and if they aren't in a squad outside of school, they need to come to Monday afternoon squad training at the College.

The carnival is scheduled to commence at 8.30am with warm up from 7.30am. The school team is required to wear the full College PE uniform and compete in the College swimming costume or an approved blue or black fast suit (no water polo costumes allowed). Please ensure your daughter is in the full College Sports uniform with a SVC blue swimming cap.

Your own private transport can be organised, however, Ms Jacobs will be taking a small bus at 6.45am if that is more suitable. Please meet at the Victoria Street entrance at 6.40am. Our events will finish with presentations at 3.00pm and the bus will return to the College at approximately 3.45pm. **All swimmers are to stay until the final presentations unless they are returning to classes, which must be recorded on the permission note attached.**

We are in Division 3 this year which is **Heat 1 and we are in Lane 3**. The 10 fastest swimmers from the 3 heats will progress to the final of each event so we need to go flat out in our heat. In the event of equal 10th fastest - only 9 will swim in the final, however, equal 10th place points will be awarded. The next 10 fastest swimmers from the 3 heats will progress to the B final in the 50m freestyle events. **The B final for the 50m freestyle will be raced immediately before the A final.**

As with any activity there is an element of risk. This may include road accidents in travelling to and from the venue and soft tissue damage should they incur a fall or strain while at the venue.

Students will need a healthy lunch and lots of fluid for hydration. They will also need to bring a minimum of two towels and goggles. **We will be having a team meeting and relay practice session at lunchtime on Tuesday 7 and 14 March.** All girls are to bring their swimming gear and will practise their relays and starts.

If you have any questions or require more information about these activities, please contact me on 0418 416 663 or on jacobsj@stvincents.nsw.edu.au. Please complete the attached Permission Note and return it to student services by Monday 6 March 2023.

Yours sincerely

Ms Jacinta Jacobs
Sport Coordinator



Permission Note: IGSA Swimming Championships Friday 17 March 2023.

Please return to the College Attention: Ms Jacobs by Monday 6 March 2023.)

Agreement (Participant) - This section is for the student to complete and sign.

I agree to the following expectations as a participant of this activity:

- *I understand* that at all times I must ensure the safety and comfort of myself, peers and staff.
- *I will* engage positively in all activities, in a spirit of collaboration and learning.
- My personal interactions with others will be respectful and appropriate.
- *I will* accept and follow the directions and advice of the staff/ supervisors at all times. This includes direction given regarding use of and/ or placement of electronic devices and communication.
- *I will not leave* this College activity at any time without direct permission of the staff.
- *I will not be involved* in drinking alcohol, smoking cigarettes or using any illegal substances. I understand that if I breach this expectation, that my parents will be contacted and that I will be immediately sent home and that further disciplinary action will occur in accordance with College policy.
- *I accept* that my school reserves the right to search bags to ensure no banned substances are brought to this activity.
- *I understand* that, if necessary, a full report of my behaviour will be given to the College Principal.

Student Name: _____ Student Signature: _____

Year Group: _____ Tutor Group: _____ Date: _____

Acceptance/Acknowledgement of Risk - This section is for the parent/carer to complete and sign.

I give permission for my daughter _____ (first and last name) to enter **IGSA Swimming Championships**. The carnival will be held at the Sydney International Aquatic Centre - **Homebush on Friday 17 March 2023**.

(Please circle your preferences)

- My daughter **WILL / WILL NOT** be travelling with Ms Jacobs on the bus **TO** the Carnival.
- My daughter **WILL /WILL NOT** be travelling with Ms Jacobs on the bus **RETURNING** to the College at approximately 3.30pm.

In the event of a medical emergency, I give consent for the College staff or staff at the sites we visit to administer first aid and seek medical attention as necessary. In such a scenario I authorise the staff to convey my child to the hospital by appropriate transport, which may be an ambulance. *The participant acknowledges that there is a risk of injury to the participant and/or a risk of an adverse effect to any current or past medical condition of the participant. **The participant acknowledges and agrees that the participant accepts that the participant engages in activities on the site at the risk of the participant.** The participant gives the College authority, where circumstances deem it necessary, to obtain medical and ambulance assistance for the participant in the case of the participant suffering injury or ill health while on the site.*

Parents/Carers contact information and Student Medical details are held by the College as received from parents/carers at the beginning of the academic year. I have responsibility for updating my contact information, my daughter's dietary requirements and medical details, providing current medications if applicable by contacting the College/College Nurse: health@stvincent.nsw.edu.au

Parent/Carer Signature: _____ Date: _____