



ST GREGORY'S COLLEGE CAMPBELLTOWN

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5 February 2019

Dear Parents and Carers of Year 7 Students,

Year 7 Swimming Incursion – Thursday Sport

It has been a busy start to the term with many 'firsts' experienced by the boys. As we progress through the term, there will be fewer 'firsts' and the boys will develop new routines and quickly become more accustomed to life here at St Gregory's. The boys should be commended on the positive start they have made in our first week.

For the next four Thursday afternoons, the boys will participate in our own sports program. Each of the seven home classes will spend two weeks in the College pool and two weeks participating in 'dry' activities on the ovals. The pool is a fantastic resource that is utilised in various PDHPE classes, on occasions during sport times and after school for boarding students. To adequately supervise students and gain an awareness of their individual abilities in the pool, each boy will participate in a series of skills tests demonstrating their proficiency in water environments. The 5 skills are as follows:

- **Entry** – Slide in entry into shallow water and walk five metres.
- **Survival Swimming** – 25 metre swim with recognisable strokes.
- **Survival Sequence** – Scull, float or tread water for one minute, call out for help once.
- **Exit** – Exit the water unassisted.
- **Rescue Sequence** – Demonstrate a simple voice rescue.

Home classes A, B, C and D will be required to complete the above skills in our College pool during sport in weeks 2 and 3 of this term. Home classes E, F and G will complete the same set of skills in weeks 4 and 5. The classes that are in the pool will need to pack **swimmers, a water bottle, a rash shirt, a towel, sunscreen and a plastic bag** so they can participate in these swimming lessons. The home classes on the ovals will wear their St Gregory's sports uniform, including the college hat.

I will be speaking to the boys about these arrangements in the coming days. If they have any questions, they can see me during homeroom, at recess or lunchtime.

Yours sincerely,

Luke Wilson