



# WHY SWIMMING

## What are the benefits of playing my sport?

Aquasplash is an aquatic festival and is designed to cater for both non-swimmers and swimmers.

It is based upon recognising and celebrating the skills achieved at swimming lessons and is a fun, inclusive, multi-skill and multi-event activity designed to encourage young people to:

- Demonstrate their skills as individuals and teams.
- Experience a fun based festival in a co-ordinated environment.

## TOP Tip!

### Bromley Integrated Swimming Gala

Bromley Integrated Swimming Gala has, over the years, developed partnerships with Panathlon, Aquakids Swim School, Marjorie McClure Special School and Eltham College. Eltham College provide the pool and leaders and more recently have entered non squad swimmers to team up with each special school.

Teams of about 15-20 swimmers take part in a range of Aquasplash events, a variety of relays catering for all abilities. Young leaders help in the water, scoring, starting and managing teams. Students benefit greatly by becoming more confident, learn each other's names and support each other throughout the event.

Scores are collated and Panathlon donate medals for all swimmers. These were collected by two swimmers from each team who had been recognised by their team as displaying the Olympic and Paralympic values such as Friendship, Determination etc. An elite swimmer, Billy Birchmore, who swims for team GB in DSISO International Swimming attended this year to inspire the youngsters. This example demonstrates how swimming is accessible to ALL.

# SWIMMING

**Spirit of the Games:  
Excellence through competition**  
How does your sport exemplify these values?



Through swimming you will see swimmers passionate about taking part, being enthusiastic to compete and support their team.



All swimmers are encouraged to respect the achievements of others and have self respect.



All swimmers are encouraged to be honest when a rule has been broken and accept the official's decision.



Swimmers need not only to respect others but have belief in their own success and be able to see how that contributes to the overall team success.



Swimming galas are designed to get swimmers to work together, encouraging one another as well as achieving as individuals.



Swimmers must be determined to do their best for their team, school and themselves.

## Priority competitions:

- **Name of the competition:** Swimming gala
- **Age group:** **Primary age**, Years 5 and 6.  
**Secondary age**, Year 7 and 8, 9 and 10 and/or 11.
- **Intra/Inter Competition?** Intra and inter-school competitions can be held in school pools and where school swimming takes place. Primary teams of up to 10 swimmers. Secondary teams of 8 to compete in timed team matches.
- **Who runs it?** Swimming teachers, other teachers and school staff, Young Leaders or local clubs.
- **How to enter?** Schools would be expected to set up their own intra-school competition. A group of schools would co-ordinate inter-school competition with the help of an SGO
- **When?** Galas can take place at any time of the year.
- **Next steps in competition:** County level competition would be the next step, with the primary competition of speed swimming. Those established swimming schools are encouraged to enter the English School Swimming Association primary relays. See [www.essa-schoolswimming.com](http://www.essa-schoolswimming.com)

## Where do young people go next (from school to club/community)?

Next step is to take your competitive swimmer aspirations to the next level. Join a Swim England affiliated club, and become a member of Swim England through the club.

This will ensure you get expert tuition and guidance. It is the same if you want to get into open water swimming. Find your nearest club by using the link below.

[www.swimming.org/asa/clubs-and-members/find-a-club/](http://www.swimming.org/asa/clubs-and-members/find-a-club/)

## Young Leader/Officials courses/qualifications available:

The Young Aquatic Leader Certificate (YALC) aims to develop 14-19 year old young aquatic leaders and provide them with the knowledge to volunteer actively in an aquatic environment. It is suitable for youngsters with no prior knowledge of aquatics.

[www.swimming.org/swimengland/volunteer-training-development/](http://www.swimming.org/swimengland/volunteer-training-development/)

## Embracing the School Games Vision

**Development Competitions** provide an opportunity to engage all young people.

Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

## Relevant web links:

Further information can be found by following this link: [www.swimming.org/schoolswimming/](http://www.swimming.org/schoolswimming/)

## Signposted competitions:

### Primary

- English School Swimming Association (ESSA) primary relays.
- Year 5–6, mixed.
- National event.
- Run by the ESSA.
- Visit [www.essa-schoolswimming.com](http://www.essa-schoolswimming.com) for details on entry.
- Takes place in June/July – annual competition.
- This is the pinnacle of primary school competition; winners are the national title holders for the year.

### Secondary

- English Schools Swimming Association (ESSA) secondary relays.
- English Schools Swimming Association (ESSA) water polo competition.
- For both please visit [www.essa-schoolswimming.com](http://www.essa-schoolswimming.com) for details about entry.
- Takes place in June/July annually as the pinnacle of secondary school competition – winners are the national title holders for the year.
- Galas are relevant for all secondary-aged pupils; Cadet polo can be organised as an alternative to a swimming gala. See [www.swimming.org](http://www.swimming.org)

# SWIMMING

## Competition Card 1

### Primary or Secondary:

Primary

### Name of competition:

Swimming Gala

### Age group:

All primary aged pupils are encouraged to take part but specifically aimed at Year 5–6

### How to enter:

Via your local SGO

### Tournament format:

This can run as per local needs.

### Simple rules:

- Teams of 12 or more swimmers do the following races:
  - 1 x 25m front crawl (boys and girls race).
  - 1 x 25m backstroke (boys and girls race).
  - 1 x 25m breaststroke (boys and girls race).
  - 1 x 25m butterfly (boys and girls race).
  - 4 x 25m front crawl relay (boys and girls race).
  - 4 x 25m medley relay — backstroke, breaststroke, butterfly, front crawl (boys and girls race).
- Swimmers must start in the water at the shallow end of the pool.
- A swimmer can swim two individual races and both relay races.
- In relays the second, third and fourth swimmers cannot start to race until the previous swimmer has touched the side.

### Think inclusively!

Intra School Competition (Level 1) is inclusive with all non-disabled and disabled young people taking part in the same events.

- Inter School Competition (Level 2) is a disability-specific event to allow greater opportunity for young disabled people to take part.
- County Final - Inter School Competition (Level 3) disabled young people will be selected from Inter School Competition (Level 2) and they form part of a borough team alongside non-disabled young people.

The disability team must consist of four swimmers. Swimmers can be selected from the following categories:

- Visually impaired
- Hearing impaired
- Cognitive impairment
- Amputees

- For further information please visit:

[www.swimming.org/go/disability/swimming](http://www.swimming.org/go/disability/swimming)

### Relevant web links:

Further information can be found by following this link:

[www.swimming.org/schoolswimming/](http://www.swimming.org/schoolswimming/)

### Roles for young people:

- The Aquatic Leader Award has information on roles to organise and run a competition, as well as time keeping.

### How can depth in competition through extra teams be achieved?

Swimming is not just a sport but also a life skill. Learning the basics means you can participate in any aquatic discipline and swim for life. Swimming is a sport that ALL can participate in, regardless of ability.

Those teams who don't qualify for the next level of competition should take part in a league which could be split into pools for similar level of ability.

### The route from here to County Final – Inter School Competition (Level 3)

As with all league/tournament formats the winners will progress to the next level with the runners up continuing to swim. County Final - Inter School Competition (Level 3) might take place in the summer term.

### How can regularity be achieved?

A league format is encouraged to be run all year round.



# SWIMMING

## Competition Card 2

### Primary or Secondary:

Secondary

### Name of competition:

Swimming Gala

### Age group:

Year 7-8 as a priority but suitable for all secondary aged pupils

### How to enter:

Through school or your local SGO

### Tournament format:

This can run as per local needs.

### Simple rules:

- Teams of 12 or more swimmers do the following races:
  - 1 x 50m front crawl (boys and girls race).
  - 1 x 50m backstroke (boys and girls race).
  - 1 x 50m breaststroke (boys and girls race).
  - 1 x 50m butterfly (boys and girls race).
  - 4 x 50m front crawl relay (boys and girls race).
  - 4 x 50m medley relay — backstroke, breaststroke, butterfly, front crawl (boys and girls race).
- Swimmers must start in the water at the shallow end of the pool.
- A swimmer can swim two individual races and both relay races.
- In relays the second, third and fourth swimmers cannot start to race until the previous swimmer has touched the side.

### Think inclusively!

- Swimming galas can be swam in any depth of water.
- It does not exclude the use of aids such as Noodles for those that need them.
- The format should be as inclusive and adapted to meet the needs of the young people. This could include a change in rules or additional support.

For suggestions on how to adapt your swimming gala please visit:  
<http://www.swimming.org/go/disability/swimming>
- Cadet polo is an alternative to a swimming gala.

For further information please visit: [www.swimming-org](http://www.swimming-org)

### Relevant web links:

Further information can be found by following this link:  
[www.swimming.org/schoolswimming/](http://www.swimming.org/schoolswimming/)

### Roles for young people:

- The Aquatic Leader Award has information on roles to organise and run a competition, as well as time keeping.

### How can depth in competition through extra teams be achieved?

Swimming is not just a sport but also a life skill. Learning the basics means you can participate in any aquatic discipline and swim for life. Swimming is a sport that ALL can participate in, regardless of ability. Those teams who don't qualify for the next level of competition should take part in a league which could be split into pools for similar level of ability.

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