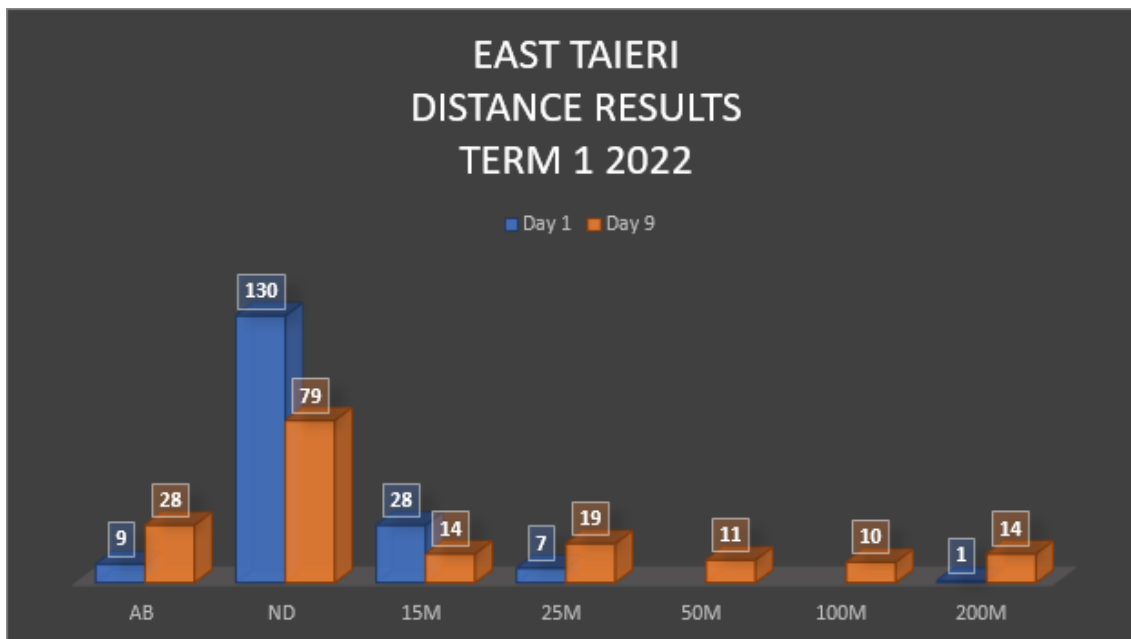


## SWIMMING RESULTS - JUNIOR/MIDDLE SCHOOL 2022

*From JC Swim School*

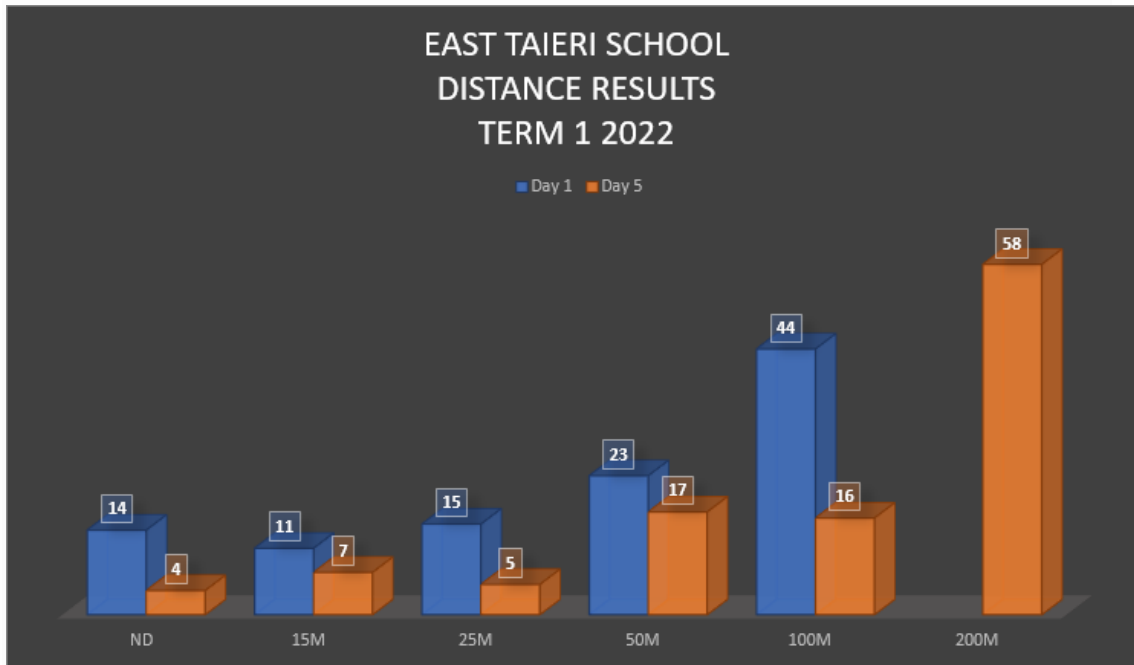
*Children at all levels were taught and reminded of the importance of entries and exit, floatation, coordination and whole stroke skills and drills. They practised through repetition, with the goal of retention so they can achieve distance. This building block process also increased their strength, stamina, swimming and water safety requirements that will give them a greater chance of survival in a water emergency situation.*

*Below are the distance results. Results were based on 175 swimmers . AB = Absent. ND = No distance. Certificates and Evaluations in post*



## SWIMMING RESULTS - SENIOR SCHOOL 2022

Below are the distance results. Results were based on 107 swimmers . AB = Absent. ND = No distance.



Jill Clarke