16th February 2012

Dear Parents/Guardian

RE: ACC SWIMMING CHAMPIONSHIPS
FRIDAY 17th FEBRUARY 2012

Your son has been training to represent St Bede’s College in the ACC Swimming Championships.

As this meet is the premier event on our swimming calendar, we endeavour to ensure our best possible team is selected. Unfortunately, not all members of the swimming squad have been selected to swim on the night. Students who are not selected are still considered part of the swimming squad and are encouraged to travel on the bus to MSAC and be a part of the cheer squad. The College Leaders have organised a number of students to attend as the cheer squad, so students who have missed selection this year will still feel a part of it on the night.

Championship details are as follows:

- **Location:** Melbourne Sports and Aquatic Centre (MSAC) Outdoor Pool  
  Aughtie Drive (Melways ref 2K, D7)
- **Date:** Friday 17th February 2012
- **Time:** 7.00pm – 10.00pm (6.30pm warm up)

Students will:

- Be required to wear the St Bede’s College navy shorts, swim team t-shirt, bathers and cap. They should also bring their tracksuit (as it is forecast to be cool), drink bottle, snacks and 2 towels (if swimming multiple events)
- Be transported to MSAC by bus after a team meeting in the Lecture Theatre at 4.45pm.
- Be dismissed to travel home with their parents at the conclusion of the night or may travel by bus back to St Bede’s College.

In preparation for the meet, swimmers should ensure they are adequately hydrated. A drink bottle should be accessible at all times in the 48 hours leading up to the carnival and meals this week should be high in carbohydrate and low in fat.

A substantial meal should be eaten at approximately 4:00pm (meals based on pasta or rice are ideal). Snacks such as muesli bars, bananas and watermelon are ideal to pack on the night. Foods high in sugar (lollies etc) should be avoided until after competition.

Contacts are 9582 5999 (School) or 0408 847452 (mobile) should you need to speak to us at any stage.

Yours sincerely

Julie Heatley  
Gerard Jackson  
Chris Mills

Parents, siblings and friends are encouraged to attend to support the team.
The team will be seated in area 4 with supporters behind the team area.
St Bede’s has been allocated lane 5 for all events on the night.
Permission Form

ACC SWIMMING CARNIVAL – FRIDAY 17TH FEBRUARY 2012
RSVP: PLEASE RETURN THIS FORM TO: Julie Heatley by Friday 17th Feb

~ Arrangements for Friday ~

Br Garry has given swimmers permission to go home at the end of period 4 in order to rest and prepare for the carnival.

I give permission for my son ___________________________ Class _____ ● _____ to attend the ACC Swimming Carnival at MSAC on Friday 17th February 2011.

Should my son become ill or suffer an accident during the course of this activity and the teacher in charge is unable to contact me, I authorise the teacher to consent to my son receiving such medical or surgical treatment, as a doctor may deem necessary.

I will meet the expense attached to any such medical assistance.
I understand that in the event of accident or illness, I will be notified as soon as possible.

Medical condition (if any): _______________________________

Parent Telephone Contact: Home: _______________ Work: ________________

Mobile 1: _______________ Mobile 2: _______________

Contact person if Parent/Guardian is unavailable:

Name: ___________________________ Phone: ___________ Mobile: ____________

Parent’s Signature: ___________________________ Date: ______________