



Cedarbank School

HEAD TEACHER: Ms Ann M. O'Hagan

Ladywell East
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6th September 2018

Dear Parent / Carer

LOTHIAN DISABILITY SPORT REGIONAL QUALIFIER

I am delighted to invite your son / daughter to participate in the Lothian Schools Swimming Trials on Thursday 11th October at Mercat Gait, Prestonpans. This is for selection for the Lothian Team at the SDS National Junior Learning Disabilities Championship at Tollcross Swimming Pool, Glasgow on Wednesday 21st November. This is a time banded event and swimmers must be able to swim 25m unaided.

Please can parents / carers update me with any relevant personal best times that your son/daughter has achieved in the past year, if any.

We will leave promptly at 8.30am from Cedarbank School, and will return around 2.30pm. Pupils attending annexes at Deans CHS and Armadale Academy will be picked up on route. Please come dressed in outdoor PE clothes with full swim kit, including towel for poolside. A packed lunch will be provided by the school. Pupils can bring extra snacks and drinks, but no fizzy or energy drinks.

Please return relevant permission forms and the slip below ASAP or by Wed 19th September at the latest.

Yours Sincerely
Mrs P Lowe

Return Slip ASAP _____

Name of Pupil _____

Please note:

- You enter 100m FC if your 50m FC time is faster than 43s
- If you are doing 100m FC select two other 50m strokes to compete in.
- You enter 100m IM if your 25m Fly is faster than 28secs

Preferred Stroke(s)	Personal Best Time
100m Front Crawl	
100m Individual Medley	

Signed Parent / Carer _____



West Lothian Council

healthyschools⁺
Edinburgh and Lothians
Stage One 2007-2010



Award 2010



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