

# **NORFOLK SCHOOLS SWIMMING TEACHERS ASSOCIATION**

## **SWIMMING SEMINAR**

**MONDAY 11<sup>TH</sup> APRIL 2005-02-07  
HETHERSETT OLD HALL SCHOOL  
8:45- 3:30**

**NIGEL ALDRIGE**

### **Swimming and the National Curriculum**

We are delighted to welcome back Nigel to Norfolk for 'Teaching and the National Curriculum'. Nigel will spend the morning speaking on the national curriculum followed by contrasting activities and stroke analysis in the afternoon. A short EGM will be held before lunch.

This year's seminar is fully supported by the LEA and Martin Ardmore has asked all Head Teachers to release teachers to attend this important seminar. The seminar is fully accredited and is worth 1 CPD point.

The course is free (thanks to an LEA grant) to NSSTA members and LEA employees. There will be a small fee of £10 to cover costs from non-members and the private sector, all will be very welcome. Any queries please contact Anne Cathersides at Earlham High School on 01603 452628.

How to find the school: Hethersett Old Hall School is situated SW of Norwich on the B1172. At the roundabout, which links the A47 and the A11, take the B1172 for Hethersett. The school is situated two miles further on the left. (You will pass a church with a tower on your left) There is no need to drive into the village itself. Be aware of major roadworks between Norwich and the Thickthorn roundabout due to a hospital link road and a park and ride being built.

Programme attached

**All replies must be in by Friday 19<sup>th</sup> March 2005**

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Booking forms to Anne Cathersides Earlham High School, Earlham Road, Norwich NR4 7NU email replies to [acathersides@orange.esinet.org.uk](mailto:acathersides@orange.esinet.org.uk) any cheques made payable to 'Norfolk Schools' Swimming Teachers Association.'

Name. .... School .....  
Address .....

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.....  
Tel ..... ISTC number .....

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SEMINAR PROGRAMME

11<sup>th</sup> April 2005-02-07

Hethersett Old Hall School

8:45 – 9:15 Registration and coffee

9:15 Swimming and the National Curriculum

10:45 Coffee Break

11:00 Swimming and the National Curriculum

11:50 EGM proposal to change the date of the AGM to coincide with the  
annual seminar

12:00 – 1:00 Lunch

1:00 – 2:30 Contrasting Activities

2:30 – 3:30 Stroke analysis pool session

**NORFOLK SCHOOLS SWIMMING TEACHERS ASSOCIATION**

**SEMINAR FEEDBACK SHEET**

Venue	Excellent	Good	Poor	Very Poor
Food	Excellent	Good	Poor	Very Poor
Seminar content	Excellent	Good	Poor	Very Poor
Speaker	Excellent	Good	Poor	Very Poor
Hand outs	Excellent	Good	Poor	Very Poor
Comments				
Future seminar ideas				