

18 June 2023

## The Essa Finals (England Schools Swimming Association)



On Saturday, 17th of June, four girls from Falkner House roused themselves from their dreams and headed to Sheffield, as we had qualified as a team from the London region to reach the finals. The opening ceremony was fun and welcoming, as we all danced to some well known tunes including YMCA and Macarena. The team captains from schools all around the country, which was split into all came up to do a dance on the platform at the front, and we played card games and Dobble together, and found familiar faces. However, despite the fun and games, it was an intensely competitive event. We qualified for the freestyle relay and the medley relay in the small school category and got into the B-finals for both. We came fifth in our heat in the medley B-finals and sixth in our heat for the Freestyle B-finals. Well done to my team; Grace, Jezebel-Grace and Philippa, for giving it their best shot and beating our qualifying times in all the races!

Aryana, Swim Captain.

