

# GALA GUIDE SWIMMERS

If this is your first gala, welcome you're going to love it.



Galas can feel a bit overwhelming at first, busy, loud, and nothing like a training session. That's completely normal. Every swimmer in that pool had a first gala once, and most of them will tell you the nerves disappeared the moment they dived in.

Here's what to expect: you'll spend the day poolside with the team, cheering each other on between races. Your team managers will tell you exactly when and where to be for each swim. Your job is simple, warm up, race your race, and enjoy it.

Don't worry about times or where you finish. Your first gala is about getting the experience, learning how it works, and having fun with your teammates. The results will come.

If you feel nervous, anxious, or unsure about anything speak to your Team Manager or Coach.

## What to Bring

- Club T-shirt - it goes on and off all day, so bring a dry spare
- Swimsuit or race suit
- Swim hat (available at training - £9 each) (If your hat breaks, an old one can be borrowed)
- Goggles
- 2x towels + many swimmers also carry a small hand towel too, to wipe off between races
- Two water bottles (there are fountains for refills)
- Poolside shoes - cros or flip flops (barefoot is fine too)
- Lunch / dinner
- Lots of snacks (banana, rice cakes, jelly etc.)
- Camp chair (not essential, but useful for a long day)
- Entertainment: cards, games, books, crochet etc - **no mobile phones, devices or tablets poolside**

## Poolside Etiquette

Galas are busy, official environments. Here's what we ask of every swimmer and what officials expect.

### Don't

- Climb out of the pool onto the timing pads
- Walk in front of referees while a race is starting
- Get in the way of stroke judges or other officials
- Leave poolside without asking a team manager
- Take food, sweets, or belongings from other swimmers

### Do

- Stay in your designated poolside area
- Listen and follow team manager instructions promptly
- Wait for permission before leaving poolside
- Swim Happy. Swim Fast.

Some of these are official offences that can result in **disqualification** or being asked to leave the competition. We take them seriously, and we ask you too as well.

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## PARENTS CARERS

### Sign-In

Meet us outside the changing rooms at the designated time – this will be posted in the WhatsApp group the day before the meet. Use this moment to pass on anything we need to know medical info, injuries, or any worries. Sign-in closes 10 minutes after the posted time, so please don't be late.

We'll sign your swimmer back out at the changing room entrance at the end of the session.

### Your Swimmer Poolside



**Your swimmer is in our care from sign-in to sign-out.** Team managers are responsible for the welfare of all swimmers on poolside. If you need to reach us during the day, please message the WhatsApp group rather than calling or texting your swimmer directly as phones are not permitted poolside.

**If the day feels too long**, please think carefully before booking both sessions. Swimmers need to stay poolside for their session – leaving and returning isn't straightforward once the day is underway.

### Heats, Times & Communications

Heats and heat times are typically received on the Thursday evening before each gala. We don't have this information any earlier than that – please don't ask before then. Everything will be posted in the WhatsApp group as soon as we receive it.

All updates on the day will come through the WhatsApp group. Keep an eye on it throughout – team managers will post any changes, warm-up times, and session news there.

### Swimwear Race Rules

|              |   |
|--------------|---|
| <b>Girls</b> | Racesuit, Swimsuit (not a bikini; one suit only)          |
| <b>Boys</b>  | Racesuit, Shorts (not board shorts), jammers, or skimpies |
| <b>All</b>   | Goggles, drink bottle, swim hat, towel                    |

### Period Wear

Period swimsuits can be worn on their own, or period pants can be worn under a race costume – both are permitted at Swim England competitions. All items must be textile.

**You cannot wear two full swimsuits.** Please do ask us if you have questions or concerns.

### On The Day

For parents watching: the venues we attend can get very hot – wear light clothing and bring plenty of water for yourself.

You can download the "**Meet Mobile App**" to see all of the heats for your swimmer and their final results.

Cheer loudly. It makes a real difference.



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*Swim Happy. Swim Fast.*