

A guide for all attending a Grade C gala

Before leaving home please eat a breakfast. It is a very long day and breakfast is essential.

What you will need to bring.

Togs (a couple of pairs if you have them)

Towels, more than one,

Sundays Well Swimming Club Hats (these are compulsory as with so many swimmers swimming in these galas it is the best way of ensuring coaches do not miss your child's race)

Two pairs of goggles if possible.

Two or more t shirts

Flip flops or clean runners for around the pool.

The warm up usually begins at 9am. When you arrive at the gala, check in with your coaches, and team manager.

We request that all swimmers sit together. Swimming can be a very solitary sport, galas are a great opportunity for swimmers to make friends and exist as a team.

There will be at least one team manager. **All swimmers must report to the team manager as soon as they arrive at the pool.** The team manager will write on the swimmers hand what heat and lane they will be swimming in. The Team manager will tell the swimmers when to line up for their event. We would like if swimmers shouted for and cheered on their fellow club swimmers as they are racing.

All swimmers should report to their coaches before and most especially after their swim.

All swimmers should ask the time keepers on their lane what time they did for their race.

Between events swim hats should not be worn. They can be put on as the swimmer is to be lined up. Please give hats to a parent so you don't lose them.

Swimmers wear a t shirt and footwear between races.

Between events it is important to drink and have an occasional snack, jelly sweets, biscuits, fruit etc. Water is perfect there is no need to buy sports

drinks. Fizzy drinks should only be taken at lunch time.
At lunch swimmers should eat something healthy and filling such as a roll, pasta or noodles.

It is compulsory for all swimmers to swim the 100m Frontcrawl and 100m Individual medley. Usually we swim two other 50m events.
Details of standards to move out of grade C are on the web under “standards grade B“.

A Grade C gala is usually a very enjoyable gala. There should be no pressure put on any child re competing. As with all galas there will be some swimmers disqualified, or false starting or overwhelmed with the occasion. It is important to note this gala is all about experience, not success. We as coaches would hope it whets their appetite for competition and training.

The gala usually goes on until at least 5pm.