



Attendance at Galas FAQ

All swimmers are encouraged to participate in galas during the year. It takes a long time to get to know what galas to do, what events to enter and what happens on the day. Your Coach will advise you. Here are some tips for attending galas.

What to do? What to Wear? What to bring?

Swim meets/gala are a fun learning experience. Getting nervous is normal, but don't let it ruin the experience. You are probably nervous because you don't know what to expect. Once you go to your first gala, it gets easier with each gala after that. Just have fun and swim hard. Give your best effort, and you can be proud of your results.

I'm at the gala, now what do I do?

- The first thing you do is check in with your Coach and/or Team Manager.
- You will find that most of the swimmers and parents gather together in one area – ask your Coach or buddy in the club. Leave your gear down near the team
- Warm-up – Your Coach will tell you where and when to warm up. They will also tell you what they want you to do.
- A *scratch sheet* has to be submitted to the organisers by the team 30 min prior to first event starting. If you do not check in, you may be scratched (taken out of events), as the club will be fined for no shows at line up.
- Check your event, heat number and lane number with your Coach or Team Manager after the heat sheets are given out.
- As the meet goes on, the events are seeded (placed according to their times) with everyone checked in being assigned a heat and lane.

After you swim a race

When you've finished racing you need to do 3 things:

- **Talk to your Coach.** Your Coach has things to tell you about your swim.
- Always warm down after you swim if there is a warm down pool. Usually you warm down until your heart rate returns to normal, and you're not breathing hard. Your Coach will tell you exactly how much warm down to do. [Note: this facility is not always available]
- Dry off, put on clothes, get a drink and prepare for next race.

STAY WARM!

Dress warmly and be prepared for everything! You can always take layers off, but if you didn't bring enough your body is wasting energy before you race. Wear your Team T-shirt, sweatshirt, sweat pants, shoes and socks, hat. Because your gear looks like everyone else's, be sure to have your name on all tags.

What do I bring?

- At least 2 dry towels
- Racing suit
- Racing goggles
- Coolmine SC swim hat (ask your Coach or a committee member if you don't have one)
- Extra suit /goggles / hat



- Extra (warm) clothes in a dry bag
- Flip Flops
- Water, sports drink and/or fruit juices
- Healthy Snacks (e.g, crackers, bagels, fruit, granola bars, cereal, yogurt, sandwiches, pasta)

CLUB GEAR

- Do I have to wear a Coolmine swim hat? **Yes!** It helps us see you in the pool and is important to help build team spirit.
- T-shirts should always be worn around the pool and particularly if you are on the podium collecting those well-earned medals!!
- Club gear can be ordered from Julie Morgan at certain times of the year (Oct usually) and Coolmine Swim hats are available from Janet Jacobs Gala Secretary.

Things to remember

The Coach is there to watch every swim, so their first priority is to the swimmers in the water. Please be patient when you come over to talk to them. If possible, they will talk to you right away, otherwise you will be asked to wait. For the Coach, the gala is very busy with people coming to ask questions, people in the water, and people coming after swims to get feedback. They can't get into long discussions about everything. You can also talk to the Team Manager if you have any questions.

Leaving the Gala

After your last event of the day you are welcome to leave the gala. Please make sure you tell your Coach and Team Manager before you leave. If the meet ends in relays, make sure you are not swimming in a relay before you go. It is very disappointing to the other 3 swimmers to be ready for a relay only to find that the fourth swimmer went home already. Cheer on your teammates in their events; be respectful and supportive of one another. Most importantly enjoy the Gala and fill in your logbooks with your updated swim times.

Parents

For some galas, clubs will be required to help with official duties. Every parent is expected to do a portion of the duties assigned to the club. The club will be informed prior to the gala and details will be emailed to all those attending the gala. There will always be a short meeting before the gala starts (during the warm-up time) where the duties are explained, and you can ask any questions.

Make sure your swimmer has plenty of fluids and healthy snacks during the day – try to keep the sweet treats until the end of the day.

Photography

You must register your phone/camera with the gala organisers if you wish to take any photos and display the wristband at all times. **NOTE:** Parents do not have permission to share images of other children on a public forum eg Facebook, What's App, etc

Gala results will be posted on the Coolmine SC website soon after each gala.