



GALA GUIDELINES

You are a representative of South Croydon S.C. We expect your behaviour to be exemplary at all times. This includes poolside, changing areas and reception areas.

1. Make sure you are on time for each session and that **you** have signed in for each event - before the cut-off time or you will not be allowed to swim. If you leave poolside you must inform the coach beforehand for health and safety reasons. Once you have signed in your coach needs to know your whereabouts in case of schedule changes and again for health and safety reasons such as an incident at the pool
2. There will be probably be only 1 or 2 team manager/coach/parent poolside allowed on poolside at these events. They can assist by telling you when you should go to the whipping area for your individual events, however it is ultimately your responsibility to be in the right place at the right time. It is normal to assemble 2 events before expected swim.
3. If you are taking medication or carry an asthma inhaler, tell your Team Manager - or better still leave the medication with them for safe keeping. Please note however, it is NOT the Team Manager's responsibility to ensure you take your medication.
4. Take 2 towels with you - one for poolside to towel off after events and a dry one for when you eventually get changed.
5. If possible, take a spare pair of goggles in case one pair breaks. Ensure that your goggles fit correctly.
6. To help keep warm between events you should take with you a loose T-shirt/hoodie and a pair of shorts/tracksuit bottoms. Most swimmers want to identify with their team and it essential to wear official club kit - e.g.: Blue Polo Shirt, swim caps, etc.
7. County and Open events can last all day. Take something to keep you occupied between events. There will probably be a break between sessions for a light snack.
8. Take a drink with you to sip between races - Sports drinks can be expensive. Diluted cordial with a small pinch of salt added is just as effective. NO FIZZY DRINKS. Do not take glass bottles or canned drinks poolside.
9. Do NOT take sugary sweets or jelly for consumption poolside. Sugar gives you an energy rush that only lasts a short while and leaves you more tired once it is fully absorbed. A good meal, high in carbo-hydrates (pasta etc) an hour or so before the event will help to sustain your energy level. Take something suitable to eat between sessions. Bananas are especially beneficial.
10. Use the warm up time and the time between events to familiarise yourself with the pool. Diving blocks have different heights - this can affect your start. Is it a deck level pool? Is electronic timing in operation? (Remember - you have to hit the pads on a finish). Where is the electronic scoreboard situated so you can see your finishing position and your new PB time?
11. At the end of the race, do NOT lean on the end of the pool - move away and rest on the lane ropes but do not hang over them. Stay in your own lane and do NOT leave the water until told to do so by the referee. ALWAYS exit the pool by the side - not over the end (especially when electronic timing is in use)
12. Celebrate your own and your team mates' victories. Congratulate your team mates on their efforts - even if they didn't win. Be sporting - accept defeat gracefully and applaud your opponents' success.
13. Check the result boards regularly - if the event is decided by finals you may be in one. If you are a reserve finalist, stay around - you might get in.
14. If you are a medal/prize winner at county events you may be photographed and should be wearing something suitable (club kit) not just your swim costume.
15. Once your final race is ended, you are not expected to remain poolside to support your team mates but they would surely appreciate it - you would.
16. All swimmers who gain County or Regional qualification, and those that are chosen to represent the club at a gala, MUST endeavour to make themselves available for these competitions. The Head Coach will not be able to guarantee the squad place of a swimmer who consistently does not participate in open meets and/or club galas. Swimmers are expected to attend the recommended number of open meets each season as well as the National Arena Swimming League, Surrey Relays, Club Championships, County, Regional & National Championships if qualified. All competitions are subject to change. Any swimmer wishing to enter a competition outside of the proposed gala list is required to consult with the Head Coach beforehand. If you have been selected to compete on behalf of the club, the Gala Secretary should be informed by email / in writing if a swimmer is unable to attend as soon as it is clear that they will not be able to attend

Enjoy your competitions - and Swim to Win. These are what you have been putting all your hard work in training for.