Gala Guidance

A list of Galas and fixtures is available on the website, there is also gala information on the notice board, there will often be a notice of important information to club members, please remember to check the boards weekly.

Gala forms are usually emailed out to those swimmers eligible to swim at a particular gala, the forms and other gala information is available on the website under the ‘Events and Fixtures’ tab. Sometimes forms are placed by the notice board for those people unable to print their own.

Ensure your form is complete with current times entered, your ASA number included (you can search for this on the ASA database if needed) and up to date contact details given.

Completed forms and fees should be given in at the club desk on a Friday evening or given to the meet secretary direct. Only in exceptional circumstances can late entries be considered.

Keep a copy of your completed form so you know what events you have entered and when they are.

After submission by the club of all the entries for a meet we generally receive confirmation of events, these are displayed for you to check that the correct events and times have been entered. If you notice any problems you should speak to your coach or the meets secretary.

Schedules are often updated before a meet, sometimes the session and times change and it is usual for the warm up times to be added. Please check the latest schedule before attending a meet.

If you wish to withdraw from an event or add an event this must be done through the club, speak to your coach first to approve the change and then the meet secretary who will action any changes.

**Things you need at a gala:**

Poolside shoes to wear when walking around the venue.

Club T-shirt – these are navy blue and yellow polo shirts with the Stowmarket swim club seal logo on.

Club Hat – when representing your club a navy hat with Stowmarket on it should be worn.

Club apparel is available to buy online through the website and hats are available from the club desk on a Friday evening.

Two towels – it is advisable to have a spare towel so you can keep yourself dry.

Warm dry clothes – some of the venues have a separate area away from the poolside for the swimmers to wait, sometimes these areas feel cool, especially to wet swimmers!

Food and drink – take plenty of food and drink with you. Foods need to be energy rich and does not require refrigeration.

**Procedures:**

Always let the coach know you have arrived, at some venues you will need to register on arrival too.

You should always arrive 15 or 30 minutes before the warm up time. Exactly how soon before warm time you should arrive will be displayed on the notice board.

If you think you might be late please text or call a coach and let them know. There are some useful contacts at the bottom of the page. (personal mobile numbers etc. do not appear on this website copy)

Withdrawing from an event at a meet must be approved by the coach and actioned by the coach too.

**Poolside:**

After you have swam your event go to find your coach for feedback on your event, it’s useful information and may relevant to your next event.

Personal Best (pb) times & Medals – your coach will usually be able to tell you if you swam a pb, please share pb’s with the team, everyone likes to hear when you have done well. Don’t forget to tell the coaches and team if you win a medal too, it is something to be proud of.

**Team:**

We usually attend galas as a team, please stay with the team and let the coaches know if you need to leave the team area.

A good team spirit inspires swimmers so wish your team mates good luck and congratulate them on successes.

Our older swimmers are an asset, they have knowledge and skills they can share so ask if you have a question or need help at a gala.

We are fortunate to be a part of a club that behaves well at galas, help keep this up by being polite, courteous and helpful at all times and above all display good sportsmanship.

**Useful Information**

Sylvia (Head Coach)

Sandra (Meets Secretary) – sscmeetsecretary@gmail.co.uk

Peter (Coach)

Carolynne (Club Secretary)

Websites – information is available on the club website and you can also visit the host club website to find information on a gala you are attending, e.g. parking arrangements, directions, schedule, results.