



INTER CLUB GALA EXPLANATION, EXPECTATIONS, SELECTIONS, POLICES AND TIPS

The following document details the Inter-Club leagues that Poole Swimming Club is entered in along with the expectations for athletes, parents and carers selected for each gala representation. Poole Swimming Club is entered in 3 Leagues.

1. Dorset Novice League

The aim of the Dorset Novice Swimming League is to provide the novice athlete with the opportunity to compete on equal terms with other athletes of similar experience inside Dorset County. The competition is open to athletes from 9 years to 14 years of age and an upper time limit will be set for each event in the gala programme to avoid faster swimmers from being selected. Any athlete finishing in a time faster than that set will be issued with a speeding ticket (which is a proud achievement) and no points will be awarded to the athlete or team for that event. However, the time from all speeding ticket swims will be recorded on the results sheet and can be used for ranking purposes (providing there was no disqualification). As well as a league champions trophy, there is an additional cup for the team with the most Speeding Tickets. It is important for athletes and parents/carers to understand that the club and coaches will be very proud of all athletes gaining a speeding ticket, as this shows great progression. For more information on the Dorset Novice League please click here:

[Novice League | Dorset County ASA \(dorsetasa.org\)](http://dorsetasa.org)

2. The National 'Arena' Junior League

The aim of the Junior League is to provide athletes from the ages of 9 to 12 with the opportunity of competing against the fastest athletes Nationally in the same age. Poole Swimming Club will enter one, two or three teams and teams will be selected on ranking times/form for the fastest team to be selected. Currently the format sees a National Virtual League following each round. Following three rounds the top team 10 teams in the League will compete in a National Final. For more information on the National 'Arena' Junior League please click here:

[The National Arena Junior Swimming League - National Arena Junior Swimming League](http://nationalarena.org)

3. The National 'Arena' League

The aim of the National Arena League is to provide athletes between in the ages of 10 up to Senior level the opportunity to compete with all the clubs in the Western League covering the Southwest/South Wales area over three rounds. Poole Swimming Club will enter one or two teams and teams will be selected on ranking times/form for the fastest team to be selected. The top 8 teams from the Western League are placed into a National Virtual gala together with the top 8 teams from every other region across England. The top 20 ranked teams in this virtual gala will then compete in National A and B Finals. For more information on the Leagues and its History visit the website here

[Home Of The National Arena Swimming League \(nationalswimmingleague.org.uk\)](http://nationalswimmingleague.org.uk)



Availability

The rules of Poole Swimming Club stipulate:

(Rule 3.4.3) All Squad members of the Club must be prepared to represent the Club when selected unless an acceptable reason is given to the Coach or Team Manager. All parents/carers and athletes are expected to make themselves available if selected and be aware of all dates of leagues they are likely to be selected for.

- Dorset Novice League dates are typically the third Saturday in January, February, and March each year.
- The National 'Arena' Junior League dates are typically the second weekend of May, June, and July each year.
- The National Arena League dates are typically the second Saturday of October, November, and December each year.

Selection

Selections for teams and details of transport and gala timings will be announced on the Team Unify events page, where attendance must be accepted. Typically, selections will be notified will be made 2-3 weeks prior to a gala. Although if there has been any discrepancies in any leagues then notification of venue draws can be delayed.

Team Travel

1. For any competition venues outside Dorset, the club will hire a transport coach. ALL team members will be expected to travel on the coach **TO** the gala, so that the team can become 'competition ready' and the captains/coaches given the opportunity to motivate and prepare the whole team for the gala. In exceptional circumstance where own travel arrangements are necessary or required this must be agreed in writing with the coach or team manager
2. The cost of the coach will be detailed on the 'Team Selection Notification' in the Events Section of the Poole Swimming Club Team Unify Website or Ondeck App. The cost may change each round based on the distance required to travel.
3. The club will provide at least two Team Managers along with coaches for each trip. Spaces will be available for parents/carers to travel on the coach but may be limited. Priority will go to parents/carers of the youngest athletes.
4. Parents/carers/ Carers must inform the team managers if emergency contacts on the day differ from those which the club has recorded on Team Unify.
5. Should children be taking any new medications, or be taking travel tablets, the team managers (and club) must be informed.



6. Athletes that are travelling **FROM** the gala with parents/carers, and not returning on the transport coach must have informed the Team Manager stated on the Team Selection Notification in writing (by email) of this intention one week prior to the competition.
7. Traffic across the East Dorset conurbation can be challenging. Please allow plenty of time to arrive for the coach departure on time. The coach will usually leave from ASDA at Canford Heath although this cannot be guaranteed, please check these details on the Team Selection sheet.

Uniform

1. All athletes must travel in Club Uniform. For Inter Club Galas this is the Poole Swimming Club main uniform (T-Shirts from other events such as Nationals or Swim Camps should not be worn). If the club has been successful in finding a sponsor for T- Shirts for the league, then these T-Shirts must be worn. Please make sure you have the most upto date Club Kit (including Hoody, Tracksuit and Polo Shirt). Black tracksuit bottoms or shorts must be worn.
2. All athletes must warm up and race in the Yellow Poole Swimming Club cap.

In Gala Expectations

1. All team members will thank officials for timing/judging their races. We want to be portrayed as a competitive team that is grateful for the support of volunteers.
2. Poole Swimming Club athletes are **NOT** allowed to get changed until all the results of the gala have been announced and the team manager or coaches allow athletes to get changed. We turn up as a team, we chant as a team, we leave as a team.
3. Athletes must always stay with the team. It is important not to leave to go to parents/carers during the competition. If an athlete requires the toilet or needs to leave poolside, the team managers must be informed.
4. Athletes are not allowed phones, or electronic devices on poolside. These competitions are highly competitive, and we want to see and hear teammates cheering and encouraging each other.



Hygiene, Hydration, Nutrition and Health Tips around Inter Club Galas

1. Athletes cannot know what ailments they may have been in contact with on the coach or at service stations or on surfaces they have touched. Everyone should hand sanitise prior to entering the coach on each occasion. Athletes should not share food, or especially drink bottles with teammates. It is also recommended that face coverings are worn when seated on coaches to prevent the spread of viruses.
2. Only cold food can generally be consumed on the coach with all rubbish going in the bags provided by the team manager. At the culmination of each journey athletes will only be allowed of the coach once their area s checked by a team manager.
3. It is important for athletes/ parents/ carers to prior plan nutrition and hydration for the day. If you need help talk to your coaches. Please find tips below:
 - a. Athletes should, as near as practically possible, stick to their normal routine. Eat **WHEN** and **WHAT** they would eat normally. When travelling, foods high in fat, high in protein and high in sugar are **NOT** the best as the first two take too long to process causing acidity in the body (not good for racing) and sugars create unnecessary highs and then dips of energy.
 - b. Medium burning carbohydrates should be consumed on the journey. (Bananas, carrots, apples, low sugar cereal bars, flapjacks, wholemeal chicken/ tuna/ vegetable sandwiches or pasta dishes, Yazoo's, yoghurts, etc.)
 - c. Sweets (high sugar snacks) should **NOT** be consumed or opened on the coach **TO** a gala. They will have a detrimental effect causing highs and dips of energy. The only time a handful of sweets should be consumed (5 x Jelly Baby's) is directly after the Warmup, or directly after a race to replace glycogen. (This is also a good time for white breads and white pastas to be eaten, as opposed to wholemeal as it breaks down quicker).
 - d. In terms of liquid intake, water is all that needs to be consumed on the way to competitions when travelling. Sports drinks are not necessary until directly after a race. Where we would recommend Yazoo's along with water (due to these being a good mix of protein, electrolytes, and carbohydrates).
 - e. Foods with higher proteins, fats and sugars are best to be consumed on the way home to help with replacing nutrients.
4. Exercise while on route. Regular stretching should be carried out whilst in the seat of the coach, and gentle tapping of the feet carried out every 20 minutes or so (whilst seated) to keep joints mobile, reduce swelling and promote blood flow around the body. At service stations, exercises to mobilise hips, hamstrings, ankles should also be carried out. This will better prepare the athlete for the gala.
5. It is recommended for athletes to take their own pillow so you can travel in comfort.