Weymouth Swimming Club Rainbo*w* Gala

Dear Parent *I* Swimmer,

A 25/50m Rainbow Gala will be held on Saturday 20th January 2018, at Weymouth and Portland Swimming Pool, doors will open at 5.00pm for a 5.15pm prompt start.

It is hoped that all swimmers in the Blue, Green, Jade, Mauve, Pink, Red and Development Squad plus ALL Squad swimmers under 13, on 1st September 2018 will take part. Swimmers will compete within their own colour or squad groups. Boys and girls will not swim in direct competition with each other and, whilst they may swim in mixed heats, the results will be separated into boy and girl categories.

There will be no finals. Ribbon awards will be presented at the end of the gala to the three fastest boy and girl swimmers in each colour group and development squad for each stroke swum, as determined by the times recorded during the heats.

# The groups will swim the following distances and strokes: -

Blue, Green 25m backstroke and 25m freestyle.

Jade, Mauve 25m backstroke, 25m freestyle & 25m breaststroke (breaststroke entries at teacher's discretion).

# Pink

Red, Development Squad and Squad

25m butterfly, 50m backstroke, 50m freestyle, and 50m breaststroke.

50m butterfly, 50m backstroke, 50m freestyle and 50m breaststroke.

Swimmers are not obliged to enter every stroke in their group, and may select the ones they feel most capable of swimming. Jade and Mauve group breaststroke entries will be at the discretion of the teachers and based upon the ability of the swimmer to complete the 25m legally. Older swimmers will be available to swim beside competitors, if required, to give encouragement. All starts will be at the deep end of the pool, with the swimmers having the option of diving in or starting in the water.

Rainbow Galas provide an ideal opportunity to gain experience and to update times. Judging is strict and does result in occasional disqualification. This is to ensure that the updated times recorded at the event are based upon legal swims and, therefore, protects the competitiveness of the teams subsequently selected to represent Weymouth Swimming Club.

# Please note that success in a Rainbow Gala does not guarantee an automatic progression into a higher group or squad. But is a great opportunity for coaches to see how swimmers are progressing.

A list has been placed at the sign in table for swimmers who wish to take part to enter their names on the appropriate colour sheet.

SWIMMERS MUST HAVE COMPLETED A CONTINUOUS 25M IN THE MAIN POOL TO BE ELIGIBLE TO TAKE PART. THESE PRACTICES WILL BE CARRIED OUT IN TEACHING SESSONS IN THE TWO WEEKS PRIOR TO THE GALA.

To help pay for the pool, entry on the night will be £2-00 per non-officiating adult which includes a program.

Parents there is a continuous need for NEW HELPERS and officials to help at Rainbow Galas due to the children progressing through the colour groups and, eventually, into the squads. Timekeepers, group attendants, programme seller, etc. are all tasks particularly suited to new officials. If you are interested in helping in any capacity please make yourself known to any of the clubs officials. Please come and get involved, the club is only as strong as the helpers and swimmers.

# Please come along and support this event in any way you can. Thank you.

Tina Allan Club Events Organizer