



**Parent/swimmer Gala Information  
March 2022**

**Welcome and thank you for coming to the swim parent Gala information evening. The aim of the meeting is to share key information, so galas are successful and hassle free for you as a parent and for your swimmer.**

**Introductions - Coaches, Work force coordinator, Chair and on the day Team managers.**

**1) What to bring**

Warm up costume/trunks

Racing costume

Goggles

Club Swim Hat

Club shirt

Food

Drink

Towel

Mobile phone if you have one.

Going home clothes

Sliders/flip flops

Small bag to take down to start of race.

Parent - cushion to sit on!

Cash to buy a raffle ticket

Cash for entry into the Gala

**2) Arrival times to galas**

It's very important that your swimmer arrives on times for their sessions.

There is a "warm up" swim at the beginning of each of the race sessions, and your swimmer will be expected to swim in each of these. Swimmers arrive poolside **30 mins before the first warm-up of the first session.**

Swimmers arrive deck ready for their warm up but need to be dressed adequately dresses in warm clothing on arrival.

Having dropped your swimmer at the door you'll then make your way to the viewing gallery; if this is the first session of the day prepare for a long queue to get in! When you get to the front of the queue be prepared to part with more cash as you



will likely be charged for entry and for a programme. Bear in mind the entries and programmes can be specific to each session or day of the event.

### **Where we sit**

Swimmers need to sit with the chaperones and coaches so that they are ready for their races and the coach will then be able to prepare them for the race.

The club has a pre race plan that the chaperones are fully aware of and will adhere to ensure swimmers are ready for their race and on time. The chaperones will get the swimmers to their races.

Swimmers are not permitted to leave the poolside without the permission of the Team manager. They cannot come to join you in the viewing area during a session or sneak out to see you under the guise of "going to the toilet". You pay a chaperone fee for your child to be looked after poolside by a Team manager please make their job of keeping up with the swimmers as easy as possible. Swimmers constantly wanting to leave poolside is a safeguarding headache for us.

If your swimmer is there for just 1 or 2 races and there is a long period of time before the next session, it can be agreed by the Head coach if the swimmer would like to leave with their parent, they can BUT they must be back 30minutes before the start of the next warm up session, just as if they were arriving for their first session of the day.

### **4) Pre race talk**

The coaches will talk to their swimmers about processes. We want concentrate on turns, streamline, body positions rather than thrashing down the lane, being first with poor technique. The club has produced National, Regional and County swimmers of which we are all proud of. They have all been through the squads, so we are very confident our training programmes work.

### **5) Entry times and PB's**

Coaches have entered a time for every Soundwell swimmer who currently does not have a time recorded with ASA. This a guesstimate as some of them have never raced before. We are not worried if this is way out, they are there to help with the timing of the gala.

All times will be uploaded onto the ASA website.

Meet mobile app will be running over the weekend.

### **6) Food at competitions**

The swimmers have all their food for the day, which is a healthy and nutritional. The swimmers are encouraged to eat and drink often throughout the day. Having food with the parents make it very difficult for this to happen.

7) **Information about arrival times** is shared via email and Twitter. You can simply follow us and that's enough to see the information.

8) **Parent support in the spectator area.**

Trust us they cannot hear you, however, every other parent on the balcony can. Please be positive and constructive on what you are saying.

**(9) Positive parent support**

Do not put your swimmer under too much pressure to:

- a) get a PB,
- b) beat another swimmer
- c) compare them to another swimmer.

Swimmers will put themselves under enough pressure as it is. Let them have fun and they will reap the rewards.

10) **Leave the coaching to the coaches.**

It's really important to understand the importance of letting the coaches provide the feedback and pre race talks. Too much information is confusing for a swimmer as they don't know who to listen to. Don't discuss race plans with your swimmer, as parents sometimes we think we know best. The reality is we don't know and the coaches know best. Don't give feedback at the end of the race, they must always go to their coach. Imagine how frustrating it must be to coach a swimmer all week and see them go to their parent for feedback

11) **Leaving the Gala - Collection**

**Swimmers regardless of age must sign out with Team managers before leaving the team area.**

Swimmers who are 14 and under will be accompanied to the exit to meet you after they have finished racing for the day. Please note if it is particularly busy time for team managers on poolside and they are sending swimmers down for races, the swimmer who is leaving may be asked to wait for a short time while this is done. Swimmers over 15 + may leave independently once they have finished their races and this has been confirmed by the Team manager

**Great swimming parent is:**

- Supports the coach decisions.
- They don't compare their swimmers to others.

- They are open and inviting to new parents, we have all been new parent to swimming. Share your knowledge.
- They get their swimmer to training consistently
- Let's their child make decisions
- Encourages their child, regardless of personal bests or adding time.
- Let's their child have fun
- Praises their child and cheers for everyone
- If there's a job that needs doing, no matter how big or small, they will step up.
- They will help out families who can't take their swimmers to a gala or training
- Supportive and loyal to the club.
- Is a role model
- Respects the officials
- Wants their child to learn lessons from sport

The very best of luck to all our swimmers, who are competing in the gala. We look forward to a very successful meet.