

# Parent & Swimmer Guide to a Gala

## What Gala's can I enter?

When you join the club, you will see that we have a fixture list, with different meets throughout the year. Talk to your coach for advice on the best event for you.

Below is a little information to help you identifying which gala's you can (and should) enter. It is intended to give you an insight into the different levels of competition, and is intended as guidelines, rather than a set of rules.

## Grading of Meets

Meets are graded to suit swimmers of different abilities and are detailed in the grid below.

Meet	Squads	Type of Meet	Upper Time Limit	Lower Qualifying Time	Pool Length	Swim Time
4	a,b,c,d	Club Championship Swimming Leagues	No	No	25m	Regional Qualifying time
3	a,b,c,d	National Championship Regional Championship	Yes	No	25m	Regional Qualifying time
2	a,b,c	National Championship Regional Championship	Yes	Yes	25m	Regional Qualifying time
1	a,b	National Championship Regional Championship	Not Required	Yes	50m	British, ASA and Welsh Qualification Times & Regional Qualifying Time

Key:	
Meet:	ASA graded event
Squads:	Bexley squads that can attend
Type of Meet:	The level of swimmer best suited to this level
Upper Time Limit:	Qualifying time must be under a specified time
Lower Qualifying Time:	Qualifying time must be over a specified time
Pool Length:	Minimum length of the pool
Swim Time go towards:	Time gained goes towards what meet

## Entry Information

The full year gala list that we are attending is posted on the web page.

## How do I complete the form

Take care completing the form; enter the information correctly as it's required to enter you on behalf of Bexley Swimming Club.

### **REMEMBER:**

- Include a cheque or money for the TOTAL, payable to "Bexley Swimming Club"
- Hand the envelope to
  - Mark Child, or Liz Child or your child's coach

## Time Trials

- These are not galas as such, but they are important for all swimmers. Your child will be advised when time trials are approaching they are expected to attend in order to gain an up to date time.

## Club Championships

- Our Club Championships are again fully publicised on the web page and entry forms are made available before the event. All members are encouraged to attend and enter.

# On the day of the Gala

## Pre Race Meal

Keep in mind that a pre-race meal may affect your swimming. It is a good idea to finish eating a moderate-sized meal at least 2 1/2 to 3 hours before competing, if you are in a morning session, eat something which is light on the stomach and that you enjoy.

## Warm Up

### Poolside

Your coach will take you through the land warm-up.

You all start at the same time and warm-up together, and include the following

- Arm rotations, Horizontal arm swings, Trunk twisting, Light Shoulder Stretch, Ankle stretching

### In the pool

Before the session starts you will be allowed to warm up. Listen to the announcements. Girls generally go first, and then boys and you will find it useful to run through your strokes with some dives and turns. You may be told which lane is the lane for Bexley.–

When you get out of the pool put some warm clothing on, until your race is called.

### What to take to a Gala

If you need to withdraw from a Gala tell the Head Coach or your coach as soon as possible before the gala, and also as soon as possible on the day of the Gala.

Arrive at the gala pool 15 to 30 minutes before the WARM UP time of the session you are in.

Look out for Bexley swimmers on poolside.

Remember to bring a £1 coin for a locker

If you are in 2 events either side of lunch you will need to provide one

### Your Event

On poolside we will have helpers that monitor the events and can help with any situation. 2 events before your event the poolside helper will direct you to the area where events are set. At this point you will be put into lane order and then once the event before yours is running you will be walked around the pool to your lane.

For poolside you need to have

- A Bexley T-shirt and swimming hat. These are available from the swim shop.
- Your normal goggles and a spare pair
- A spare swimming costume
- A small selection of snacks – e.g. banana, grapes, raisins
- Plenty of bottles of water or sports drink
- Clean shoes like flip-flops or crocks
- A couple of towels to keep you keep you warm
- **Remember cakes, sweets and fizzy drinks will make you hyper, not swim faster, so please don't have these until you have finished swimming for the day.**

We expect good behaviour from every swimmer and parent throughout the Gala. You are representing the club and poor behaviour reflects badly on the Club as a whole