



Sedgefield 75 Swimming Club

Going to a Gala

Going to your first gala can be quite a daunting experience. If you are new to competing in galas, the following information should help you prepare.

Arriving at the gala

- Make sure you allow plenty of time to travel to the gala and find somewhere to park.
- Warm-ups usually start one hour before the gala start time.
- Many swimmers like to arrive at galas in their club tracksuit, but it's a good idea to have spare clothing to go home in, in case the tracksuit gets wet.
- All swimmers are normally allowed in to the changing rooms on arrival.
- Most changing rooms have lockers that can be used if you have the correct coin.
- You can leave some belongings in the locker, but take a bag with you on to the poolside containing things you will need. (see checklist below.)
- The coach will be on the poolside and the SD75SC swimmers should sit together.
- Spectators including parents must queue to enter and pay their entry fee and programme fee and will not be allowed on poolside, parents should check on the way out of a gala if they haven't stayed all day - they may be entitled to a part refund.

During the Gala

- Warm up is held before each session and is usually for separate age groups, both girls and boys. Follow the warm-up instructions carefully.
- The coach will have a programme of events and swimmers will be made aware of their event(s).
- The coach will talk to each swimmer before their race and advise when to go to the marshalling area.
- After each race swimmers should first talk to their coach who will give them feedback on their swim and advise about swim down (if possible).
- If swimmers need to leave the poolside; they should ask permission from the coach before doing so.
- They should also check with the coach when they think their swims are finished, before leaving the gala.
- **DO NOT BE AFRAID TO ASK THE COACH OR AN EXPERIENCED SWIMMER IF YOU ARE UNSURE!**

Checklist

- Club t-shirts/tracksuits (if you have them)
- Swimming gear (it is advisable to have additional swimwear if competing both morning and afternoon to change into dry clothes at lunchtime and if changing after warm up)
- Club swimming hat
- Goggles (and a spare set)
- Drinks (water or juice), a packed lunch and snacks (fruit etc)
- Pool shoes (trainers or flip flops) and poolside clothing (t-shirt)
- Something to keep you occupied during long galas (magazine, book, puzzle etc)

Important

- Swimmers are responsible for their own belongings. If they have been involved in packing their bags before the gala, it will help them not to forget to bring it all home.
- It is recommended that names be in clothing, footwear and bags.

ENJOY THE GALA AND GOOD LUCK!