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STOURBRIDGE SWIMMING CLUB

(Affiliated A.S.A. (West Midland Region) and Worcester County S.A.)

SWIMMING A GALA

Some Important things to remember:

- You need to know the date, warm up time and the venue
- Don't eat a big meal within 2 hours of the start time of the gala
- Arrive at least 15 minutes before the warm up time
- Be on poolside, ready to swim, at least 5 minutes before the warm up
- Bring 2 costumes, 2 sets of goggles, Stourbridge swimming hat, Stourbridge T-shirt and 2 towels
- Food – bring a drink (no fizzy pop please) and healthy snacks e.g. a banana, cereal bar etc – sweets, chocolates etc are treats for after the gala
- When you arrive at the pool report to the Team Manager
- You will be told when to do your warm up and which lane to go in
- After the warm up get dry and stay warm - put on your Stourbridge T-shirt
- Your Team Manager will tell you which race and lane you're in
- The starter will use a gun or signal to start each race
- When the race starts **swim as fast as you can**
- If it's not your race please be quiet and stand still when the whistle goes
- At the end of your race stay in the water until you're told to leave by the referee
- Ask your Team Manager if it's OK before you leave the poolside for any reason
- Encourage your team mates
- Don't get dressed until your Team Manager tells you to do so
- Please don't bring game boys, PSPs etc onto the poolside
- If you cannot attend for any reason, you **MUST** contact the Team Manager **IMMEDIATELY** as he/she will need to get a replacement

YOU ARE AN IMPORTANT PART OF THE TEAM SO GIVE SWIMMING FOR YOUR CLUB A HIGH PRIORITY BUT MOST OF ALL ENJOY YOURSELF AND HAVE FUN!