

## **Team Galas**

A slip will be handed to each individual selected to swim in an event. The slip will give all information relating to the event and swimmers should confirm with their parents/guardians if they are available. Swimmers should notify us asap to allow the Coach to review availability and consider replacements.

If you have previously accepted then find you are not available or ill on the night prior to the gala you must contact the coach so that arrangements can be made.

Any swimmer who simply fails to turn up risks not being selected for future galas.

Most competitions against other clubs take place on Saturday between 4.30 pm and 9.30 pm. There are very occasional Sunday galas.

A fixtures list for the whole year is posted on the notice board and web site.

## **Team Selection**

Scunthorpe Anchor enters a number of galas (competitions) and it is the current club policy for the Head Coach to make the majority of team selections using an up to date pb list.

The Head Coach has highlighted a number of premier galas for which the strongest possible team will be selected. For the other galas the Coaches will endeavour to ensure that as many swimmers as possible are given the opportunity to represent the Club and have the chance to sample the atmosphere of a competition.

Swimmers should make a note of the warm-up time, the start time, the bus time (for away galas where a bus is provided) and a note of the Head Coaches phone number (in case of problems). Please note that if a bus is provided for competitions it is the coaches request that all swimmers travel on it. If you are unable to do so please contact Dave to discuss this further.

Swimmers taking part in a gala must keep warm when not swimming, otherwise muscles will become cold and performance will be reduced.

Swimmers must have some warm poolside clothing for their body, shoes for their feet and spare clothes, as they get extremely wet if competing in a number of races.

Therefore they should take the following to galas for poolside:

- Club hat (and one spare hat)
- Costume (one spare one for warm up/emergencies)
  - Two towels
  - Goggles (at least two pairs)
  - Club t-shirt (and spare t-shirt)
  - Poolside shoes
- Warm spare clothing to travel back in
  - Bag to place wet clothing in
- Drinks bottle minimum 500ml – no glass bottles or fizzy drinks
- Hat and gloves (to travel home on cold nights)

Swimmer's name on all garments please!

### **Poolside Discipline at Galas**

To ensure the safety of all swimmers taking part in a gala, some basic discipline is required. Swimmers are looked after by team managers, usually Club officials or volunteer parents.

Team managers take charge of all swimmers on poolside and are responsible for ensuring that swimmers are in the right place at the right time.

It is important that swimmers stay with the team and do not wander off to sit with parents, disappear into the changing rooms, or go off poolside, unless they have asked permission.

Swimmers are asked to stay with the team at all times unless competing or cheering their teammates on.

The basic rules are:

- Be on time, at least 15 minutes prior to warm up
- Never run on poolside

- Quiet for the start of every race
- After a race, stay in the water until the referee says to climb out
- Ask the team manager before you leave the team (i.e to go to the toilet)

## **QUESTIONS**

Any questions that you may have regarding competition guidelines may be covered in the A-Z link on the homepage.

If you have any other queries please do not hesitate to contact either the coach or a committee member.

You could also ask a parent on poolside who may be able to help as a lot of the parents have children who have competed lots of times and would be more than happy to help.