

SWIMMING GALAS

ANY GALA

ALWAYS check the notice board in the Trophy Alcove bay each time you are at the swimming pool. Team lists and any changes are on view there and can be noted

HOME galas – turn up on time for the Gala – at least 1/4 hour before the gala warm up is due to start.

- a) If you cannot compete, cross your name off the team list at least one week before the gala is due to take place (earlier if possible as this enables the selectors to find a replacement and prevents swimmers being asked to swim the day before a gala
- b) If on the day of the gala you find you cannot compete **PHONE** a selector or Team Manager, in the case of an emergency

DON'T JUST NOT TURN UP – you'll be letting the team down

- c) The ½ hour before the gala starts is to practice starts, turns etc - don't forget to count the number of arm strokes needed after the flags if you are likely to swim backstroke.
- d) When you arrive at the gala, report to the team manager/team stewards (who you will recognise wearing Melton T Shirts and worried expressions) This helps them, as anyone not turning up will need to be replaced and also they can tell you what events you will be swimming.
- e) Sweets on the poolside are bad for you, but a non-fizzy drink is a good idea – glass bottles are not permitted on poolside. Many use cycle bottles

Away Gala

If you are at an **AWAY GALA**, make sure that you arrive at the bus in good time, Buses usually leave from the Wilton Road Bus Station: details of time of departure, destination, and Team Manager are usually put at the bottom of the team list.

If you cannot compete mark the team sheet as if it was a home gala.

Sometimes, your parents may wish to travel in their own transport. If they do and you and any of your friends who are competing do the same mark the team sheet **OT** (own transport) the Team manager will know not to keep the bus waiting or search for you at the end of a gala

Gala Day Rules for Swimming Faster

- 1) It is most important to keep your muscles warm during the Gala, prior to swims. So, after your warm-up swim and competition swims **CHANGE INTO A DRY COSTUME**. Don't wander around all night in a wet one getting your muscles into a state of tension. Look after yourself by wearing a tracksuit or something similar. You should aim to keep the big muscles in your legs warm and dry
- 2) Melton Mowbray swimming hats must be worn when swimming for the club. These can be purchased from the team managers, on the bus or at the gala. Club swimsuits and tee shirts also need to be worn on poolside when representing your club. **CLUB SUPPLIED COSTUMES MUST NOT BE WORN FOR TRAINING**
- 3) During the day, light snack-type meals are best as they are easily digested and you will feel more comfortable. A big binge on steak and chips is to celebrate a good swim – **AFTER** and **NOT** before competition
- 4) Don't eat sweets and crisps on poolside. This is asking for trouble
- 5) Do what suits you best during the Gala, between swims. Maybe read, or chat or listen to a tape or ask your coach's advice
- 6) Don't sit in the same position for several minutes. Keep moving about, keep flexible. Perhaps a few stretching exercises – your coach will help if you don't know any.

Encourage your team-mates. Everybody performs better with people behind them shouting them on, but do remember to be quiet for the start of the races. **FINAL RULE: HAVE FUN AND ENJOY YOURSELF, RELAX AND BE HAPPY. THAT'S WHAT IT'S ALL ABOUT**