



GALA GUIDELINES

GENERAL

- Take several towels with you; one for poolside to dry off after events and another for when you eventually get changed.
- To help keep warm between events you should take with you a loose t-shirt and shorts/bottoms. We expect the t-shirt to be official Maidstone club kit. If swim hats are worn these should be our official Maidstone hats.
- Please take a spare pair of goggles in case one pair breaks. Ensure that your goggles fit correctly.
- Take a drink with you to sip between races. Isotonic sports drinks can be expensive, so diluted cordial with a small pinch of salt added is just as effective. **NO FIZZY DRINKS**. Do not take glass bottles or canned drinks poolside.
- If you are taking medication or carry an asthma inhaler, tell your Team Manager or Coach. Please note however, it is **NOT** the Team Manager or Coach's responsibility to ensure you take your medication.
- Use the warm up time and the time between events to familiarise yourself with the pool. Diving blocks have different heights - this can affect your start. Is it a deck level pool? Is there electronic timing? (Remember - you have to hit the pads on a finish). Where is the electronic scoreboard situated so you can see your finishing position and time?
- At the end of the race, do **NOT** lean on the end of the pool - move away and rest on the lane ropes but do not hang over them. Stay in your own lane and do **NOT** leave the water until told to do so by the referee. ALWAYS exit the pool by the side - not over the end (especially when electronic timing is in use).
- Enjoy your competition as these are what you have been putting all your hard work in training for!

TEAM

- At Kent Junior League, Arena League or any invitation events you are a member of the team and a representative of the club. We expect your behaviour to be exemplary at all times. This includes poolside, changing areas and reception areas.
- There will normally be several coaches and/or a Team Manager poolside at each event. They will tell you when you should go to the marshalling area for your events. It may be necessary to switch teams around right up to the last minute so pay attention. If you would like to leave poolside, for whatever reason, you **MUST** tell one of the coaches, as you may be required to swim at short notice. Also, tell them yourself, please do not leave a message with someone else.

- Do **NOT** take sugary sweets or jelly to eat poolside. Sugar gives you an energy rush that only lasts a short while and leaves you more tired once it is fully absorbed. A good meal, high in carbohydrates (pasta etc.) an hour or so before the event will help to sustain your energy level.
- If you are not waiting to swim, it helps swimmers to have someone at the turn end to give some encouragement. If you see your lanes unsupported - offer to do it.
- Celebrate your own and your teammates' victories. Congratulate your teammates on their efforts, even if they did not win. Please also be sporting! Accept defeat gracefully and applaud your opponents' success.
- Once your final race is ended, you are expected to remain poolside to support your team. Most team events end with a squadron race. If you are not required to swim, you **WILL** be required to cheer your team on. Only after the final results are announced should you leave the poolside to get changed - unless you have been given prior permission by the one of the coaches.

INDIVIDUAL

- At these events, even though you are an individual entrant, you are still a representative of the club. We expect your behaviour to be exemplary at all times. This includes poolside, changing areas and reception areas.
- Make sure you are on time for each session and that you have signed in (or whatever is applicable for that meet) before the cut-off time or you will not be allowed to swim.
- There may probably be only one Team Manager and/or Coach poolside at these events. They can assist by telling you when you should go to the marshalling area for your individual events; however, it is ultimately your responsibility to be in the right place at the right time. It is normal to assemble 2 events before your expected event.
- Take something to keep you occupied between events. There will probably be a break between sessions for a light snack.
- These events can last all day - please ensure that you bring something suitable to eat between sessions. Please refer to our nutrition guides.
- Check the result boards regularly - if the event is decided by finals you may be in one. If you are a reserve finalist, stay around - you might get in!
- If you are a medal/prize winner you may be photographed and should be wearing something suitable (preferably club kit) not just your swim costume.
- Once your final race is ended, you are not expected to remain poolside to support your teammates but they would surely appreciate it - you would!