

Galas and other Events

A notice containing the selected team, date, venue, warm up time and start time, for the gala is posted on the notice board. All swimmers and parents should keep an eye on the notice board to see if there are any details relevant to them. All swimmers selected to swim should confirm with their parents/guardians if they are available, tick if available or cross if they are unable to swim, and make a note of the Coach's name and telephone number.

Galas should be marked as soon as possible to allow the Coach to review availability of replacements. If you have previously ticked and then find you are not available, or, if you are ill on the night prior to the gala, you must speak to the Head Coach on the phone number shown on the gala team sheets. 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 available and 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 the 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.

A list of swimmers selected to represent the Club will be displayed on the notice board a minimum of two weeks before the event if possible. Swimmers will be requested to tick (if available) or place a cross (not available) next to their name. Swimmers who do not tick or cross will be taken as unavailable and will not be selected to swim. Replacements required for those not able to swim will be notified at the earliest opportunity. 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 Coach's phone number (in case of problems).

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. To do this, 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 (ie to go to the loo)