



Nottingham Northern Swimming Club
Beechdale Swimming Centre
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GALA INFORMATION FOR SWIMMERS AND PARENTS

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Club Galas

Most Club galas take place on a Saturday evening at swimming pools around Nottinghamshire. The majority are at Hucknall Leisure Centre or Bramcote Swimming Baths. They last about two hours and are great fun to watch and be involved in. Usually a swimmer will do 2-5 races in one gala.

Gala Selection

The club coach selects swimmers for galas. As we are a competitive club, the fastest swimmers in each age category required for the gala are the first choice but if they are not available, another swimmer will be asked to swim.

We try to give you a minimum of two weeks notice but obviously if you are not the first choice this will not be possible. We would therefore ask you to give the club coach as much notice as possible if your child is not available so that we can give the next child who is asked, sufficient advance notice. If your child is ill on the day please contact Sharon on mobile 07505258038

Whilst we rely on parents/guardians to take your children to galas, if transport problems are the only barrier to your child swimming, please let the club coach know as there are often spare places in cars that are going to galas.

Requests to swim in galas are sent out by email or slips are handed out at swimming sessions.

What to Bring to Galas

You can bring any swimming costume to a gala provided it is within ASA rules. (Please speak to someone at the club if you are unsure about this). It is a good idea to bring a spare pair of goggles in case one breaks. Bring your Northern swimming cap. You will need at least one towel and a club T bag or club T shirt. This is essential so as not to get cold between races. Some swimmers also like to wear loose fitting shorts as well for this reason. Poolside shoes such as clean flip-flops or crocks may be worn.

Non fizzy drinks are important in between races, No food is allowed on poolside so make sure you have eaten a meal eg pasta or sandwiches about one hour before coming. Any sweets or food brought must be eaten at the end of the gala off the poolside.

What Happens at the Gala

When you arrive at the pool, the swimmer needs to make their way to the changing room and then onto poolside. Parents will need to queue and pay an admission of approx £2 to spectate.

On poolside there will be two team managers who will be people you know from Northern. They will tell you which races you will be swimming in and will generally look after you during the gala. The races will be written on the back of your hand in biro. They will also tell you when your race is coming up and will send you to the right end of the pool at the right time. There will also be someone from our club at each end of the lane to help you.

Gala Rules

1) Children remain the responsibility of their parents/guardians during galas and therefore if the parents cannot stay they must be under the responsibility of another adult known to the team managers. Parents are not allowed poolside during the gala.

2) Swimmers must stay with the rest of team on poolside throughout the gala. This ensures that they are ready for their races, the team managers know where they are at all times and it helps with team spirit cheering for other swimmers and encouraging them. If swimmers need to leave poolside for any reason i.e. to go to the toilet, they must let one of the team managers know.

3) The choice of race including the stroke the swimmer does is set by the head coach and is based not only on the capabilities of the swimmer involved by also on other swimmers capabilities and entry times obtained and needed for other galas. The events a swimmer has to swim cannot be changed on poolside.

3) We expect good behaviour from every swimmer and parent throughout the gala. You are representing the club and poor behaviour reflects badly on the club as a whole.

Types of Club Galas

Minor League

These galas are aimed for the younger swimmers 13/u at the beginning of the year, and then after the summer to 12/u swimmers. Sometimes because of children's age change children have to swim in higher age groups. There are three rounds, Spring, Summer and Autumn

Spring Competition

These three galas are at the beginning of the year. They are for all ages and have 100m races for the older swimmers.

The Development League

These galas are aimed to encourage and develop swimmers who are may be less experienced at galas. There may be cut off times to discourage very fast swimmers take part. Two swimmers are needed for each event.

Notts and District League

These galas are for all age groups. There are three rounds, one each month from October.

Other Club Galas

These are usually trophy galas organised by individual clubs according to standard FINA rules. Our club organises two a year; The Buxton Trophy in the Spring and the Reeves Trophy in the Autumn.

The age group and events may vary, sometimes swimmers are allowed to swim up an age group if we are short of swimmers, sometime there are cut off times. Age is usually the age of the swimmer on the day.

Summary of Leagues & Competitions of Club Galas

The club competes in the following leagues and competitions:

January to July:

- Notts ASA Minor Gala League
- Notts ASA Development League
- Notts ASA Spring Competition

September to December:

- Minor Gala league
- Notts & District League - Falcon Shield - Autumn competition

Open Meet Galas

These are galas where the swimmer swims for themselves as individuals to better their own personal performance. It is a tremendous opportunity to see if they can improve their personal bests and race lots of swimmers of their own age from other clubs.

They usually take up most of a Sunday or Saturday. Swimmers can enter open meet galas usually from aged 9 years. Swimmers can enter as many events as they qualify for in age or times.

There is an entry fee usually around £3-4 per event. For most open events there will be a group of swimmers from the club going. We will let you know when they are, whether it would benefit your child and we collect all the entry forms from the club and send them together. There is always a cut off entry time for these and late entries are not accepted.

There will be team managers from the club at these events just like a club gala. Your swimmer will need to take plenty of drinks, food, towels and poolside clothing.

Different Types Of Open Meet Galas

- B/C grade gala – these galas are geared to give swimmers a chance to swim against other swimmers of a similar ability. There are normally cut-off times.
- A grade gala - suitable for the more experienced swimmer.
- Designated/licensed galas – galas geared for swimmers aiming to achieve district and national times.

The Nottingham Northern Junior Open Meet

This is the open meet we organise and we hope that every main pool swimmer between 9 and 14 will take part. It takes place on a Sunday in June/July and we will give you plenty of notice about this. We also need plenty of volunteers to help on the day.

Gala Officials

For every gala we have to provide two team managers, two timekeepers, one judge and two coaches. In addition clubs take it in turn to host galas (two clubs are the hosting for development league galas). When we are required to do this we also have to provide a gala coordinator, two chief timekeepers, recorder and announcer (apart from development league) as well as two people on the door to take money/sell raffle tickets and two to take drinks round to officials. We rely on parents to help with these tasks.