



**Nottingham Northern Swimming Club**  
[www.northernsc.co.uk](http://www.northernsc.co.uk)

## **GALA INFORMATION FOR SWIMMERS AND PARENTS**

### **CLUB GALAS**

Most Club galas take place on a Saturday evening at swimming pools around Nottinghamshire. They last about two hours and our great fun to watch and be involved in. Usually a swimmer will do 2-5 races in one gala, one or two individuals may be included and then relays with three other swimmers.

### **Gala selection**

The Head 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. You will not know the races you will be swimming until you get to the gala. 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 swimmer is not available so that we can give the next swimmer who is asked, sufficient advance notice. If your swimmer is ill on the day please contact Ian Fahy (head coach) on mobile 07984 305317.

Whilst we rely on parents/guardians to take swimmers to galas, if transport problems are the only barrier to your swimmer swimming, please let Ian 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 text so it is very important that we have up to date information on these.

### **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 Nottingham Northern swimming cap. These are on sale on Fridays and Sundays from the desk at club nights. You will need at least one towel and a club T shirt if you have one or another T shirt if not. 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 should be worn.

Non fizzy drinks are important in between races, water is best. 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 Leisure centre, the swimmer needs to make their way to the changing room and then onto poolside with their belongings. Parents will need to queue and pay an admission fee of approx £2 to watch.

On poolside there will be two team managers who may be parents you recognise from the club. They will be identifiable in Northern T shirts. 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 and make sure you know what you are doing.

## **Gala rules**

1) Children remain the responsibility of their parents/guardians during the time they are at the Leisure centre and therefore if the parents cannot stay for the gala the child 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 a swimmer but also on other swimmers capabilities, entry cut off and times of the gala and the requirements of times that individual swimmers need for particular events. The events a swimmer has to swim cannot be changed on poolside.

4) 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**

Nottinghamshire ASA galas

### **Stage One**

These are for 8-11 year olds and have relays, 25 metres and 50 metres individual events.

## **Stage Two**

These are for 9- Open (any age) and have 50 metre individual events.

## **Stage three**

These are for 9-Open with 100metres individual events.

## **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.

## **Other Club Galas**

These are usually trophy galas organised by individual clubs according to standard FINA rules. 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.

## **OPEN MEET GALAS**

These are galas where the swimmer swims in individual races to try and improve their personal best performance. They are a tremendous opportunity to race lots of swimmers of their own ability 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 £5 per event. For most open events there will be a group of swimmers from the club going. The details on these open meets are on the gala page and front page of our website and we often email the details of those we are taking a team to around the club. Our Open meet coordinator will collect entries from those who want to go and send them in together, checking the

appropriateness of your swimmer to the events. There is always a closing date for entries 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 gala**

- 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 which exclude very fast swimmers from entering.
- A grade gala - suitable for the more experienced faster swimmers.
- County galas – galas geared for swimmers who have reached the appropriate times for the races.

### **The Nottingham Northern Junior Open Meet**

This is the open meet once a year which 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 and we will give you plenty of notice about this. We also need plenty of parent 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 host 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.

Above all we want to encourage you to encourage your swimmer to attend galas. Galas are an important way of swimmers getting to know others in the club, learning to swim at their best and seeing recorded improvements in their swimming. Although it is normal for swimmers to be anxious about them at first, this soon disappears and rapidly become one of the most exciting and fun ways of enjoying their time in the club.