

## Galas

A Gala is where a swimmer is asked to represent the club and therefore the town in a competition against other clubs.

These may be part of a league, such as the Rother League, Speedo League etc or a one off Trophy Gala.

Galas will normally be on a Saturday evening starting around 18:00 but start times will vary so when a swimmer is asked to swim they will be given a slip of paper telling them when the Gala will take place, what time it starts, what time a coach will be leaving and from where. (If a coach is being used), otherwise it's down to the parents to organise transport. The slip of paper will also tell the swimmer which events they are being asked to swim in.

Galas will normally last approx 2 hours, the swimmers will be on pool side the whole time, they are not permitted to join family or friend in the spectating area. The swimmers should all wear club costumes and hats, plus something to keep them warm on pool side, preferably club T-bag T-Shirts, club sweatshirts etc. All swimmers should bring a drink in a suitable sports drink bottle. NO food is allowed on pool side although I would recommend taking something to eat for the journey home. I would also suggest taking 2 towels, one for pool side to dry off between races and a second for getting changed at the end of the gala. Swimmers will not need pullbuoys or kick floats.

The club costumes contain Lycra, as do most competitive costumes, unfortunately Lycra reacts very badly to washing machine detergent and softener, if you regularly wash the costumes in the washing machine they may only last a month or two. I would suggest only using the club costumes for galas and always rinse in just clean cold water after the gala. Buy some normal costumes for training etc. The people running the [Club Shop](#) will be able to advise.

### IMPORTANT:

The slip of paper will also include a contact telephone number, if the swimmer can't swim they must telephone to let someone know as soon as possible so a replacement swimmer can be organised.

If a Coach is being provided, but you decide to drive yourselves also please let someone know.