

Gala Checklist

At every gala you attend, you need to ensure that you are properly prepared. This means attending training regularly, eating healthily and having the correct kit.

Swimmers will need:-

| <u>Suggested Poolside Equipment</u> | <u>Suggested Types of Food</u> |
|--|--|
| Poolside T-Shirt (Preferably Club Colours) | Plenty of Drinks (non-fizzy) |
| 2 x Costumes | Pasta / Light Sandwiches |
| 2/3 x Towels | Crackers / Snak-a-Jacks / Bread Sticks |
| 2 x Goggles | Salad |
| Shorts (Optional) | Fruit |
| 2 x Club Hat (see Fiona Davidson for purchases) | Cereal Bars |

The above list is not definitive. It is important that swimmers eat sensibly and at the right times (ie not immediately before races)

AFTER RACES SWIMMERS MUST RETURN TO THE COACH IMMEDIATELY. THEY WILL BE GIVEN FEEDBACK ON THEIR PERFORMANCE. THIS IS ESSENTIAL FOR THE SWIMMER'S DEVELOPMENT AND EDUCATION AT ALL LEVELS. SWIMMERS SHOULD NOT GO TO THE CHANGING ROOMS OR PARENTS FIRST.

When swimmers are not racing you are encouraged to watch the races and cheer on your team-mates in their events. This promotes a good team spirit and can make the day more enjoyable for everybody

Do not leave the poolside or venue before informing the coach where you are going

Don't forget you can get up to date information regarding current times and progress by clicking the **Hy-Tek** link and national rankings via the **ASA Ranking** link on our homepage at www.buckleyswimming.co.uk



Gala Results Record for

WASA Number

For the 2012-13 Season



