



Affiliated to ASA South East Region and Hampshire County ASA

Gala Section

How do I get Selected for a Gala?

Swimmers are selected by the Coach(s) taking into account the standard of competition, age, ability of the swimmer(s). The amount of training the swimmer attends.

How do I know if I have been Selected for a Gala?

A team sheet is posted to the website, emailed out to parents/swimmers and normally displayed on the notice board at West Hill Park School. The notice will give details of the gala: Date, Venue and Time of the Warm Up or time the Coach departs from FLC and Start Time of the Gala. Most Galas are held on a Saturday evening with the Warm Up starting between 6.00 and 6.45pm.

How do I let the Coach know that I can or cannot swim?

All swimmers selected should tick or cross their name as soon as possible after the team sheet is displayed. If unable to swim email the head coach asap.

I ticked my name showing I was available to swim but now I cannot swim what should I do?

You must let the Team Manager or head coach know as soon as possible. Swimmers must also remember that once they have confirmed to swim for the club they should do so. An obvious exception to this is if the swimmer is ill. By withdrawing from a gala you are preventing someone from swimming.

What event(s) will I swim in at the Gala?

Swimmers are normally told the event(s) they are swimming on the evening of the gala. Swimmers must be expected to swim any stroke, any distance.

How do I know when the galas are being held?

A fixture list is available to download from the website. This is updated throughout the year and will give details of the competition, A or B Team and Age Groups.

I have been selected for a gala, how do I find out where the pool is

Look on the club website under 'Information Link.' If a coach is supplied all swimmers should travel on the team coach.

I am competing in a gala or open meet should I miss training?

Swimmers should only miss training due to illness or injury and on the advice of the Coach. Missing training prior to an event could have an adverse effect on the results achieved. The training programme is designed to include 'rest' by reducing the amount and intensity of the sessions.

I have been selected for a gala, what do I need to bring?

All swimmers should bring with them: Warm Up Costume or Trunks, Racing Costume or Trunks, 2 Towels, Goggles, Hat, Snacks, Drink, Shorts and Club top to wear pool side when not racing. Swimmers should not Warm Up in their racing costumes unless otherwise told to do so, normally when WU time is short.

What is the difference between a racing costume and warm up costume and why do I need both?

A racing costume/trunks should only be used to race in. They should be a very tight fit to reduce the effect of drag. If competing in an inter-club gala or championship relay event they should be plain black. At an open meet swimmers may wear any design/colour costume they prefer. It should be noted that a club hat should always be worn. A warm up costume can be of any make/colour, it does not need to be a tight fit, when a swimmer has warmed up they should change into their race costume.

I have been selected to swim in a gala on a Saturday evening but I am swimming in an Open Meet on the Sunday, should I miss the gala or the open meet?

No you should not miss the gala or open meet, but do both competitions. Galas take precedence over Open Meets. The club enters several galas each year and these need the support of all club swimmers. Sometimes the Head Coach will not select those competing in an Open Meet the day after a gala, it depends a lot on the importance of the gala/open meet.