



Buxton Swimming Club's Gala Procedures

Competition

1. You must swim events and galas that the Coaching team has entered/selected you for, unless agreed otherwise by prior agreement with the relevant club official. Each competition is carefully chosen for specific reasons and training adjusted accordingly.
2. At Open Meets, check when you should post your cards and be sure to post them on time.
3. Warm-up before the event. Prepare yourself for the race. The coaching team will give you a warm up.
4. Warm up properly by swimming, not playing or stopping in the lane. Don't stop to let faster people past, its your warm-up just as much as it is theirs! Turning practice should have taken place during your normal training sessions.
5. Be part of the team. Stay with the team on poolside. If you leave for any reason you **must** tell the Coach and Team Manager where you are going.
6. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat, goggles and a drink with you. Your team manager should instruct you to do this.
7. Support your team mates. Everyone likes to be supported. Lets make some noise!
8. You must wear club uniform and hats when representing the club.
9. Swim down after the race, if possible. Do not use this time to play. The coaching team will give you a swim down to complete.
10. After your race, report to the coach, not your parents. Receive feedback on your race and splits.