



## Gala Policies and Information

### Season Plan / Competition Calendar

- All meets will be communicated to the swimmers at the start of the year, with all dates to be confirmed at the start of each training cycle (usually Sept, Jan, Apr) and posted on the club website
- All meets are designed around the season plan and to support the long-term development of the swimmers. The season will comprise of “Peak Meets”, “Race Meets” and “Team Galas”,
  - **Target Meets** – usually 3 per season, these meets will take place every 3-4 months at the end of each training cycle and incorporate a Taper/Rest Period with the aim for the swimmers to achieve PBs.
  - **Race Meets** – all other weekend meets that occur during the training cycles between the Peak Meets. The aim of these meets is to try new events, new tactics and practice Race Skills. These meets will not be rested for and training should not be missed in the lead up to or after. Fast swimming is still expected.
  - **Team Galas** – usually taking place of Saturday Evening/Sunday Afternoon and the Team will be picked dependant on the Level and Aim of the Gala and swimmers will be selected to represent the Club and expected to attend. Again training will not be missed for these events.

### Meet Entry

- Entry into target meets will be directed by the Head Coach inline with Seasonal Training Plan, and athlete development
- Events to be entered will be directed by the Head Coach to ensure individual development (this will take into account: age, ability, level of meet, training emphasis etc and some meets will be swimmer lead)
- All meet entries to follow club entry procedure as outlined by Club Administrator
- Swimmers are not encouraged to enter meets off their own back as this has an adverse affect on the training cycles and wont produce the long-term results

### Attendance

- Athletes in the Performance / Age-Group squads are expected to attend all target meets throughout the season in order to retain their place in the Squads.
- Parents should endeavour to book holidays around the major “Peak Meets” where they can and communicate to the Head Coach otherwise.

### Arrival



- All swimmers are expected to arrive ON poolside 15mins before the start of the warm-up to ensure team briefing is attended, team mobility is completed and warm-up is not missed.
- Any swimmer not arriving as stated above without a direct message being received by the Coach/Team Manager will be withdrawn from that session inline with the Meet Conditions

### Warm-Ups / Swim Downs

- Team Mobility will start 15mins before the warm-up time and is designed to loosen up and raise the Heart Rate of the swimmers before for the pool warm-up
- All swimmers must complete the warm-up directed by the Head Coach/Coach at each session to ensure they are properly prepared for their races. Individual lane discipline is expected
- When a swim down pool is available all swimmers will be expected to swim down after each race to help the process of reducing Heart Rate and Breathing Rate and to promote Lactate removal for the older swimmers – again individual discipline is required here to ensure performance can be maintained throughout the meet

### Withdrawals

- Any withdrawals due to sickness/illness prior to the meet must be made known to the Head Coach/Team Manager ASAP and please note it is the parents responsibility to contact the Meet Organisers to officially withdraw. Failing to do this looks bad on the club, prevents a reserve entry racing and may result in an individual fine as outlined in some Meet Conditions
- Withdrawals during a meet will purely be at the Head Coaches discretion.
- Sickness or illness at a Meet causing a swimmer to be taken home and withdrawing will be dealt with by the Coach/Team Manager on poolside

### Relays

- It is my philosophy to enter all relays at meets where it is realistic to do so to give swimmers the chance to race as a team and to build team spirit.
- Selection to represent the club and your team mates should be an honour and one that is greatly enjoyed.
- The Head Coach and Coaches will select the Relay Teams based on; the importance of the meet, swimmers attending the session/meet, effort and performance and/or athlete development

### Nutrition



- All swimmers/parents should ensure they have ample food and fluid for all sessions and meets attended, this includes snacks for poolside, meals for breaks, water/squash and sports drinks – NO FIZZY DRINKS should be consumed during a meet.

#### Other

- Any poolside entries, if allowed by the Meet Organisers, will be at the discretion of the Head Coach and at no point should parents approach the Meet Organisers with this request.
- All swimmers are expected to wear club kit when on poolside at all Meets, this includes SWIMMING CAPS.
- Trainers are a must at swim meets to ensure the body stays warm, to prevent slipping/injury and to allow swimmers off poolside as needed.