

Gala	Notts ASA County Championships Relay gala (aka county relays)
Time	Arrive – 15 minutes before warm-up Duration – this will vary from an hour to all day, depending on how many relays you are in and whether or not your team qualifies for a final
Helpers Required	3 x Team Managers. Any qualified or trainee officials are asked to volunteer to officiate. We are also expected to provide 1 steward per session.
Team Size	4 swimmers per team, with one or two teams per age group
Format	Mixed teams, all age groups, followed by finals-Sunday morning, warm-up 8am, estimated finish 11.51am Girls and boys teams, all age groups heats only-Sunday afternoon, warm-up 12.30pm, estimated finish 4.16pm Girls and boys teams, all age groups-finals from the afternoon session, warm-up 5pm, estimated finish 7.06pm
Events	Boys, Girls and Mixed events All relays are 4 swimmers x 50m, except for open girls and open boys, which are 4 x 100m All events have finals except for the open girls and open boys freestyle and medley relays 9/10 years: freestyle and medley relay 12/under: freestyle and medley relay 14/under: freestyle and medley relay 16/under: freestyle and medley relay Open: freestyle and medley relay
Purpose of Gala	To compete against the fastest swimmers in the county from other clubs for perpetual trophies in each age groups and event.
Bramcote SC reason for entering	<ul style="list-style-type: none"> • Very competitive gala. All clubs field their fastest possible teams for county relays. • Provide swimmers an opportunity to compete against some of the best swimmers in the region • Encourage and incentivise swimmers • Build Team/Club spirit • Make friends and have fun • And try to win as many medals as possible for Bramcote Swimming Club ;)
How the Gala operates	Swimmers are selected for each event based on ability. The coach will have a list of prior times and select accordingly, whilst trying to ensure the fastest possible team in each event. There are often last minute changes and the Team Coach/Manager will organise as they see best at the time. This means that swimmers may not find out their events until they arrive at the gala. Swimmers may not always be asked to swim their 'best' stroke in the medley relay, it depends who else is on the team. Occasionally swimmers are bumped up age groups when there is no faster swimmer available/eligible in the older group.
Expectation of Swimmers	<ul style="list-style-type: none"> • Each team member is valued and selected to give the team the best possible chance of success. • Swimmers should aim to swim their best in all events they are asked to swim. • Swimmers should be keen to take advantage of any opportunity to swim. • Swimmers should bear in mind the Code of Conduct and act accordingly <p>Note: All the club expects from swimmers is for them to be keen to compete, take advantage of the opportunity, support their team-mates and do their best.</p>

General gala information

This is a team event and so it is imperative you turn up, otherwise the impact on the whole team is huge. If there is some disaster on the day and you are not able to attend, you MUST let us know by e-mailing bscteamsselection@gmail.com or texting **07498 604991** asap.

What you should pack for the gala:

- swimming costume
- goggles, it is a good idea to have a spare pair, in case one breaks
- two towels (one to use between races and one for your shower at the end)
- Bramcote SC swimming cap (available on the day for £5 if you don't already have one)
- Bramcote SC t-shirt (and possibly loose-fitting shorts) to keep warm in between races and poolside shoes such as flip-flops or crocs. These will help prevent cold feet and cramps in your legs. (If you don't have a club t-shirt yet, please bring an ordinary t-shirt to keep warm)
- plenty of water to drink (no fizzy drinks)
- some light snacks *e.g.* fruit, cereal bars, crackers-avoid anything too sugary (you should make sure you have eaten a meal *e.g.* pasta or sandwiches, an hour before the warm-up) (see links to Swim England advice on swimming nutrition before and during competition)

<http://www.swimming.org/swimfit/daily-nutrition-tips-for-competitive-swimmers/>

<http://www.swimming.org/swimfit/what-to-eat-during-competitions/>

- as we have a very large number of swimmers on poolside, it would be a good idea to bring some money for a locker to store most of your belongings and take a small bag containing essentials onto poolside.

What happens at the gala:

- Notts ASA have agreed with the council that on County Championship days there will be no parking charges to pay. There is no need to register your vehicle via RingGo on the day.
- swimmers should make their way to the changing room and onto poolside. (Swimmers can usually by-pass the queue of spectators. Parents will need to pay to spectate, so remember to bring along some money, approx. £5). Please be on poolside 15 minutes before the warm-up is due to start, so that we can make sure everyone is present. The warm-up is important to allow you to get blood flow going and to check for leaking goggles etc.
- once swimmers are on poolside, you should join the other Bramcote swimmers and let the team managers know you have arrived. (Team managers are parent volunteers and will be wearing Bramcote SC t-shirts)
- the team managers will tell you what races you are in and write the event number on your arm. They will make sure you are in the right place at the right time for your race and remind you what stroke you are doing.
- **swimmers must sit with the team.** It is very important that you do not wander off. If you wish to speak to parents or go to the toilet, you must let the team manager know. Parents are not permitted on poolside, so you may not get much chance to speak to your child during the gala.
- ALL swimmers and spectators should remain quiet at the start of the race so that competitors can hear the starter. Once they are in the water, cheer for your team-mates as loudly as you can!
- when you have finished your race, you should immediately speak to the coach to get feedback.
- when you have completed your events for the day, you may leave. It is important that **you and your parent check if you have qualified for a final or are a reserve finalist and speak to the coach before you go.** Notts ASA implement a £10 fine for failing to show for a final without notifying them (this includes reserve teams, who can be called to swim for up to 15 minutes following the posting of finalists). Parents will be asked to pay any such fine if a swimmer leaves without permission.
- at the end, check that you have packed up all your belongings and dispose of any rubbish

We expect good behaviour from all swimmers and parents. Remember you are representing your club.

Open meets and league/trophy gala Code of Conduct

Bramcote SC would like to remind all swimmers and parents of the Codes of Conduct of the club. We have listed below the expectations that are particularly relevant to galas. These complement the Conduct Guides (see under Club Info on the Bramcote SC website).

Code of conduct for Swimmers

- It is imperative you turn up for your events. If there is some disaster on the day and you are not able to attend, you MUST let the coaching team know by texting 07498 604991 asap. Failure to withdraw results

in heats being swum with empty lanes and reflects very badly on the club and its members and at County Champs, will result in a £10 fine from Notts ASA.

In addition, swimmers should:

- arrive on time and be prepared to swim. It is the parents' responsibility to ensure that swimmers arrive and leave the venue in a quiet and timely manner
- wear appropriate swimwear, swimcap, tracksuits, T-shirts/shorts
- be part of the team. Stay with the team on poolside. If you have to leave poolside for any reason, inform the Team Manager/Coach before doing so
- support your team mates. Everyone likes to be supported and they will be supporting you.
- after your race, report to your coach for feedback
- never leave an event until either the gala is complete or you have the explicit agreement of the Club coach or Team Manager
- behave in an appropriate manner to other swimmers, parents, coaches, teachers, personnel of the leisure centre and anybody else that they come into contact with while representing the club. This behaviour should also apply while in the pool, around the pool, in the changing rooms, inside or outside the venue
- know and abide by the laws, rules and spirit of the sport
- treat opponents with due respect at all times, in victory and defeat
- abide by the instructions of their Coach/Team Manager
- show due respect towards the coaches, teachers or team managers of other clubs/teams
- show due respect towards gala officials
- not take photos on any device

Code of conduct for Parents, Carers and Spectators

Parents/Carers and Spectators should:

- ensure the swimmer arrives on time and is collected in a timely manner at the end of the competition.
- **ensure that swimmers are not left unsupervised during the gala.** Please stay to support your child if you can. If you are unable to attend, please make sure that another adult (not coach or team manager) is prepared to be responsible for your child and that this adult has your contact details. Please inform the Coach who is responsible for your child. The Club is unable to act as a babysitting service or to supervise the changing areas. In unforeseen circumstances, the Club accepts it has a duty of care to look after an unattended swimmer but should this be repeated or regular, action would need to be taken
- avoid coaching the child during the competition
- show appreciation of good swimming by all swimmers from all clubs
- not shout and scream out of the context of support
- not enter poolside unless requested to do so or in an emergency
- respect officials' decisions
- respect team managers, coaches and volunteers from all clubs/teams, remember they are giving up their time to support your child
- abide by Swim England Photo guidance

Code of conduct for Coaches and Team Managers

Coaches and Team Managers should:

- abide by the Swim England Code of Ethics and the Bramcote SC Code of Conduct.
- encourage and guide swimmers to accept responsibility for their own behaviour and performance
- clarify with the swimmers (and, where appropriate, parents) exactly what is expected of them and also what they, as swimmers, are entitled to expect from their coach or teacher
- promote the positive aspects of the sport (e.g. fair play) and never condone violations of the laws of the sport, behaviour contrary to the spirit of the laws of the sport (or relevant rules and regulations) or the use of prohibited substances or techniques
- consistently display high standards of behaviour and appearance
- not use or tolerate inappropriate language
- abide by Swim England Photo guidance
- be responsible for swimmers while they are on poolside. Coaches and Team Managers cannot be responsible for swimmers once the session has ended

Enjoy the gala and support your team mates!

GO BRAMCOTE!