

Kilkenny Swim Club



Gala Etiquette

C Junior swimmers attend Level 1 and Level 2 galas only (no Level 3). They should enter 50m events – Freestyle, Breaststroke and Backstroke. C Junior swimmers do not enter Butterfly or 100m events.

C1 swimmers attend Level 1 and Level 2 galas. As they get more confident during the season, they can start attending Level 3 galas. They should start to enter 100m events during their time in C1. They can mix up events at galas between 50m and 100m. If unsure what to enter, swimmers can discuss with their coach; i.e. ask their coach for advice (at the start of end of a training session). The coach will be happy to help and advise

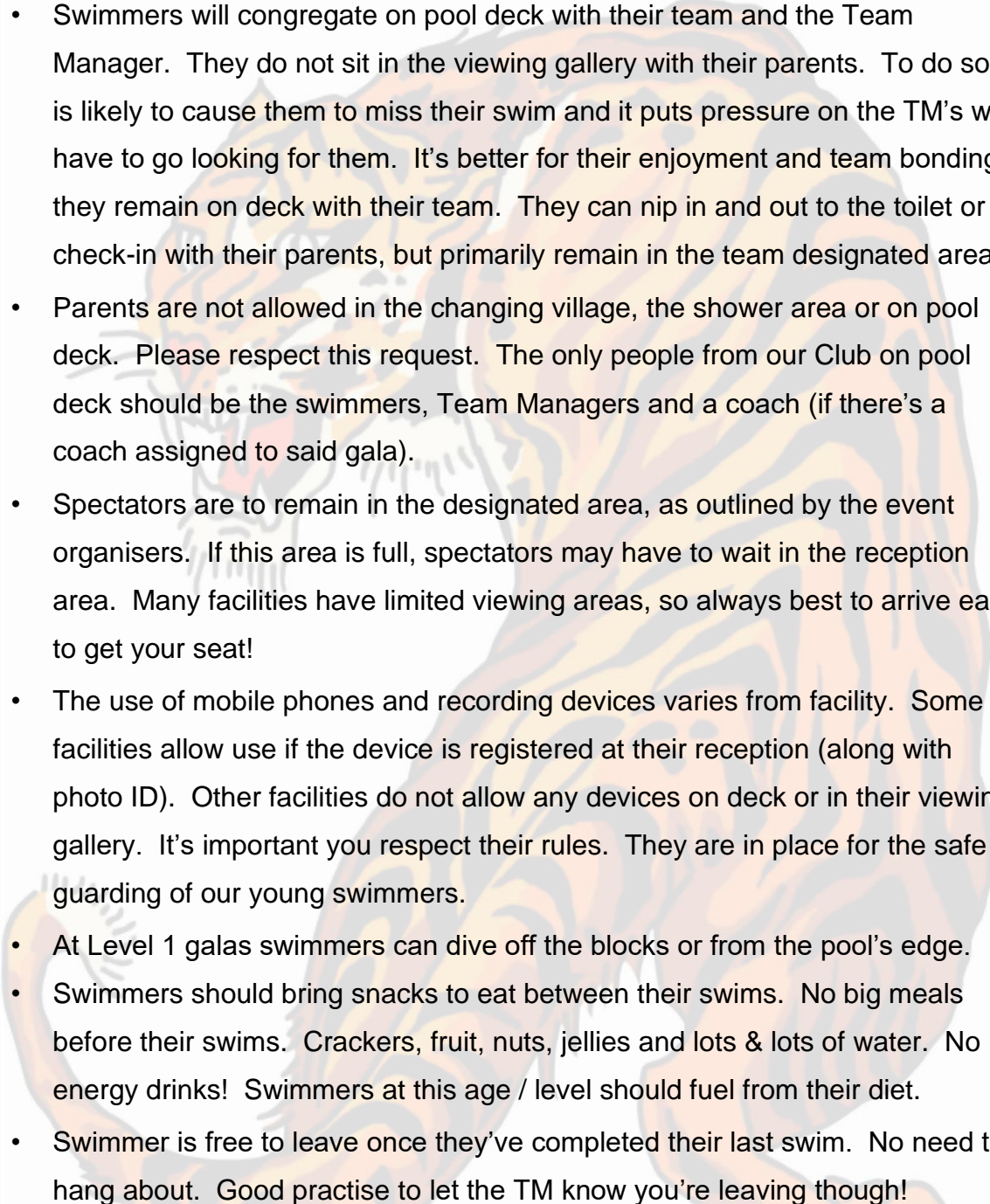
C2 swimmers attend Level 1, 2 and 3 galas. Swimmers should be entering 100m events and introducing themselves to 200m events, as they get closer to their B Squad times. They should also introduce themselves to IM events (individual medley – all 4 strokes in one race). If unsure what to enter, swimmers can discuss with their coach; i.e. ask their coach for advice (at the start of end of a training session). The coach will be happy to help and advise

Attending a gala for the first time is a very daunting experience. Many swimmers and parents feel very overwhelmed. THIS IS VERY NORMAL and all of us that have gone before you, have experienced this!! Please try to remain calm, reassure your swimmer so that they have a positive experience. It's a big achievement for them to compete in their first gala and should not be underestimated.

Each gala will have a TM (Team Manager) from our Club. We don't always have coaches present unfortunately. Our coaches all have full time jobs, outside of coaching in our Club. It's not always possible for them to give us their weekends for competitions, which is completely understandable. If you / your swimmer is at a gala and unsure of anything, please go to our TM. That's what they're there for, but do remember they are volunteering their time so be patient and respectful.

As a member of Kilkenny Swim Club you have agreed to volunteer at galas. This requires you to get your Swim Ireland documentation in order. This is very easy and details of which are in separate communications from our KSC Membership Secretary. EG – Safe Guarding L1 course (online), Garda eVetting, Officials course (online), Team Manager course (online). If you need more details please email our Membership Secretary – kilkennyscmembershipsecretary@gmail.com

- If you need to 'scratch' your swimmer (cancel), please do so by texting/WhatsApp'ing the Team Manager as soon as you know. You will be able to get their number from the squad WhatsApp group. Please do not contact the Gala Secretary to scratch your swimmer in the days leading up to the event, as it's too late for the Gala Sec to deal with it at that point. However, it is good manners to let the TM know, so they can inform the organisers on the day, so they can run their gala as best they can. Everyone is volunteers, so it helps them if we are helpful !
- The day before the gala, confirm the warm up times and what sessions your swimmer is competing in. Arrive 30 minutes before warm up starts, as the time assigned for warm up, is the time they are actually getting into the water (not the time they're getting changed!). Arriving 30 minutes before this time, to allow time for parking, get your bearings and for the swimmer to change & get to the designated team area on deck. If you're running late or delayed, do not stress, especially if it's a Level 1 or 2 gala (they are FUN GALAS).
- Upon arrival in the team area on deck, swimmer should 'check-in' with the TM, so they are marked as present. Just go up and say "my name is XYZ and I'm here!"
- The organisers will give our Team Managers heat sheets. The TM's highlight the Kilkenny swimmers and send digital copy via the Squad WhatsApp group. This helps the parent to know approximately what time their swimmer will race.
- Swimmer should pack spare togs to change into after warm up, so they are not sitting around in wet togs waiting for their race. They may wish to pack a few if they have swims spread out throughout the day.
- After warm up and their races, swimmers should dry off and put on clothes over their swim gear (e.g. track bottoms or shorts, t-shirt and/or hoodie, fluffy socks and sliders or clean runners)
- Swimmers must have footwear on at all times, sliders ideally. They should have minimum of a t-shirt and shorts on over their togs when out of the water (for child protection purposes). No swimmer is to be photographed without at least a t-shirt and shorts on - MANDATORY.
- Swimmers should wear their Kilkenny Club tees and/or hoodie if they have one. Don't worry if they don't, not essential. Just helps with identification and keeping the team together!

- 
- Swimmers must wear their Kilkenny Club swim hat. The TM will have some with them should you need to purchase. €7 each, cash only, have exact amount with you please.
 - Swimmers will congregate on pool deck with their team and the Team Manager. They do not sit in the viewing gallery with their parents. To do so, is likely to cause them to miss their swim and it puts pressure on the TM's who have to go looking for them. It's better for their enjoyment and team bonding if they remain on deck with their team. They can nip in and out to the toilet or check-in with their parents, but primarily remain in the team designated area
 - Parents are not allowed in the changing village, the shower area or on pool deck. Please respect this request. The only people from our Club on pool deck should be the swimmers, Team Managers and a coach (if there's a coach assigned to said gala).
 - Spectators are to remain in the designated area, as outlined by the event organisers. If this area is full, spectators may have to wait in the reception area. Many facilities have limited viewing areas, so always best to arrive early to get your seat!
 - The use of mobile phones and recording devices varies from facility. Some facilities allow use if the device is registered at their reception (along with photo ID). Other facilities do not allow any devices on deck or in their viewing gallery. It's important you respect their rules. They are in place for the safe guarding of our young swimmers.
 - At Level 1 galas swimmers can dive off the blocks or from the pool's edge.
 - Swimmers should bring snacks to eat between their swims. No big meals before their swims. Crackers, fruit, nuts, jellies and lots & lots of water. No energy drinks! Swimmers at this age / level should fuel from their diet.
 - Swimmer is free to leave once they've completed their last swim. No need to hang about. Good practise to let the TM know you're leaving though!

Finally, please remember the hosts and organisers of these events are volunteers and those from Kilkenny Swim Club supporting our swimmers are volunteers also. Please be kind and polite at all times!

Best of luck to our Team “ Let's Go Kilkenny “