

WORTHING SWIMMING CLUB

NEW GALA SQUAD SWIMMER

Congratulations on being selected for the Gala squad.

Worthing Swimming Club competes in 3 leagues each year. You have probably already swum in our own Age Group Competition (May) or our Championships (October). Now is your opportunity to represent Worthing Swimming Club, swimming against other clubs at different venues.

Here are some of our most Frequently Asked Questions:-

In which swimming leagues does Worthing Swimming Club participate?

The Club participates in 3 leagues spread out during the year:-

Sussex League - consists of 3 galas.

Rother League - consists of 3 galas.

Rother League Trophy Gala – consists of 1 gala.

National Speedo Swimming League South - consists of 3 galas.

What does a gala consist of?

Each gala normally consists of approximately 50 events, split by age group and stroke. There are individual events where one swimmer (two for the Sussex League) represents each club in each event. There are also 2 relay events for each age group - the Freestyle Relay and Medley Relay (Backstroke, Breaststroke, Butterfly, and Freestyle). There is usually a 'grand finale' event at the end - this generally consists of a 'squadron relay' where 8 swimmers, one from each age group and sex, swim in ascending age order.

How are the age groups made up?

The age groups vary from league to league, for example, in the Sussex League the age groups are Under 11, Under 13, Under 15 and Open (age at 31st December). In the Rother League, the age groups vary. See the Club Calendar for age groups.

Swimmers are not necessarily restricted to swimming in their age group - they may be selected to 'swim up' into an older age group if necessary. They cannot 'swim down'.

What distances will I swim?

Again, this varies enormously from gala to gala. For the younger swimmers, the usual distance is 25m or 50m. You must listen to the helpers on poolside to make sure you know what stroke and how far you are swimming.

Where are the galas?

All over the place! Fareham, Guildford, Woking, Haywards Heath etc. Our complete calendar is on the Swimming Club notice board and our website - this gives details of all galas and their locations. Sometimes, it takes place at home (the Aquarena) as well.

Is there any transport?

Yes, a coach from the Aquarena is provided at a cost of £2.00 for spectators and 50p for swimmers. Coach departure times are shown on the notice board and on your gala invitation slip.

Is there a charge for spectators at the gala?

Yes, most clubs use this as a means to raise funds and pay for the pool hire on the evening. Be prepared to part with about £2.00.

How long do galas last?

A long time! With doors open at 6.30pm, the gala will probably finish between 9.00pm and 9.30pm. Obviously, this may mean a late night.

If younger children come to watch, it may be an idea to bring some kind of entertainment for them.

Do I need to bring anything special for the gala?

YES!

T-BAG - You do really need a Club 'T-Bag' from the club shop - see Carol Tate. You should have your name embossed on the back of your T-Bag - you can get this done at Broadwater Sports. Any badges, including your Competitive Start Award, should be sewn on the back.

CLUB COSTUME - We do like swimmers to purchase a club swimming costume for the gala. If you do not have one, please ensure what you wear is black.

HAT - You need a green Gala Squad hat. This is supplied to all Gala Squad swimmer free as a privilege of being in the Squad.

GOGGLES - If you can, bring a spare pair with you.

DRINKS - Make sure you bring enough to drink.

FOOD - Most swimmers find they are hungry at the end of the gala, especially on their way home.

TOWEL - Probably a good idea to bring 2 towels.

How do I know whether I have been selected for a gala?

The selected swimmers are listed on the notice board about 2 weeks before the gala. They will also receive a slip, which contains details of the gala and which must be returned asap to Carol Tate.

Reserves will be contacted during the week prior to the gala if they are required.

How many events will I swim?

Probably 2 or 3 and you will find out on the night exactly which events. This does not sound very much, but don't forget that you are participating in a team effort. Also, as one of our younger swimmers, you will very unlikely have to 'swim up'.

I hope that this gives you an idea of what may happen in a league gala. If you have any other questions, do not hesitate to ask any Swimming Club official.

Good luck and enjoy your swimming!