

WORTHING SWIMMING CLUB

YOUR FIRST GALA

The Club hold two galas each year. The Age Group Competition is normally held in May, at Lancing College. The Championships are normally held in October, at the Aquarena. Awards are presented at the presentation evening, normally within 2 to 3 months of the gala, to the first 6 swimmers in each age group for all events.

Swimmers

- Remember to bring a drink and a spare towel. You might bring a T-shirt as well - when you are wet you can get cold on the poolside.
- If you can, bring a second pair of goggles - just in case!
- Listen carefully to the adults with you on the poolside.
- Make sure you know which stroke you are about to swim and how many lengths - if you have doubts, ask.
- Don't worry and have fun!

Parents/Guardians

- Your child's entry must be confirmed at the check-in desk at the entrance of the pool at least 30 minutes before the start. This gives the organisers time to see who is there and arrange the heats. If you are late, your child may not be able to swim.
- Your child will be expected to "warm up" at the start of the gala. They will be told when and in which lane to swim.
- Your child will not be permitted to start their race with a dive unless they hold the ASA Competitive Start Award. Swimmers usually obtain this award when they are in Lengths 6.
- Please remember that the ASA Laws and Technical Rules are applied at our galas. The rules are complicated and we do find that swimmers are quite often disqualified (DQ'd) because of incorrect strokes. They are also disqualified for more easily avoided offences.
Remind your child that:-
 - They must only enter and get out of the water when told.
 - They must not start before the starter sounds the buzzer. A false start will mean a disqualification.
 - When swimming Breaststroke or Butterfly, they must end the race with both hands touching the end wall simultaneously.

If your child is disqualified, try not to let this discourage them, especially if it is their first gala. We hope that you and your child enjoy the galas. After the galas are completed, your child's result will be posted on the Club's website (www.worthingswimmingclub.org) and notice board, with the time your child achieved and their placing in their age group (age at 31st December).

Swimming at Lancing College

- The pool at Lancing College is 25m in length and has four lanes.
- The spectator facilities are a little cramped and it can get quite crowded and very hot on gala nights!
- There are usually refreshments available.
- Directions: From Worthing on the A27, turn left at the lights just after the Sussex Pad Hotel (just before the Shoreham Flyover).
After a couple of hundred yards, turn left and continue to the junction where you turn right into the Lancing College grounds.
Follow the road until you come to a T-junction after a left-hand bend. The swimming pool is sign-posted right. Take this turning. The entrance to the swimming pool car park is after the swimming pool on the right.

Swimming at the Aquarena

- The pool at the Aquarena is 33.33m in length and has six lanes.
- The spectator facilities are very well provided.
- There are refreshments available from the vending machines in the reception area.
- Directions: From Worthing, go to the seafront and travel towards Brighton on the A259, the Aquarena is about 0.3 miles on your right.
There are plenty of car parking spaces in the swimming complex. There is also plenty of free on-street parking after 6.00pm.