

Flixton Swim Team Gala Tips



Tips for parents Plan Ahead!!!!!!

Plan and pack snacks and meals the day before. Show your child where they are in their bag.

Pack the swim gear in the bag the night before – use the equipment check list

Find out how to get there and where you will park – don't be caught out and miss the warm up

Parents don't wear thick clothes. The balcony area can be very hot

Take food and drink for yourself. There may not be places to buy food or it may be expensive

Tell your child which races they are in so they are prepared.

Write down their PB's on a piece of paper and put it in their bag.

If your child doesn't do a good swim time or gets disqualified, talk to them and focus first on the good things they did in their race, then help them understand how they can improve next time.

Equipment list

Costumes / trunks x 3

Goggles x 2

Swim hat x 2

Pool shoes – flip flops or crocs are great

Towels x 2 (3 if you swim all day)

Shorts or jogging bottoms x 2

A Flixton Swim Team T-shirt

Hoody or sweat shirt

Drinks – either a 2 litre bottle or 2 x 1 litre

Snacks and lunch

Entertainment (DS, playing cards, Jenga, ipad, books etc)

Tips for Swimmers

Familiarise yourself with the poolside, where the toilets are and where the marshalling area is

Let the coach know you've arrived and find out who the other Flixton Swim Team helpers are

Find out which end of the pool races will start from

Look at the diving blocks so you know how high they are and what type they are

Always do a swimming warm up

Practice turns and count strokes from the flags

Practice your finish, find out how the boards at the end of the pool feel

Dry yourself off after the warm up and put some clothes and pool shoes on

Keep warm

Put all your belongings back in your bag so you don't lose them

Drink a little bit often throughout the day, don't drink too much at once.

Don't eat too much before your race (Jaffa cakes are a good light boosting snack) but eat a snack after your race – a cereal bar is always good

Find out when your race is and who might also be swimming with you

Watch the first race. Listen to the start so you know what to listen for when you're on the block

Cheer your team mates on, they can hear you! Say well done to them when they finish a race

When it is your turn go to the marshalling area. Wear your T-shirt and pool shoes to keep warm and don't forget your hat and goggles!

If your hat splits, don't worry someone will lend you one.

If you get lost or don't know where you should be, ask a marshal. They wear white T-shirts and they will help you

You might get asked your name lots and lots of times!

Do some stretching and warming up exercises whilst you wait in the queue for your race

Put your T-shirt and shoes in the box at the end of the lane before your race. When you finish your race don't forget to pick them up again

After your race speak to the coach before you swim down (if available)

Swim down then get dried, put your clothes back on and put your belongings away again ready for the next race

And most importantly – have fun!