

## **Development Galas**

Throughout the year Faversham S.C. enter teams in development galas. Swimmers will be selected by the Head Coach to compete and there are no entry fees or forms to fill out. The age groups are usually (but not always) determined as 'age on the day' so you will be swimming against other swimmers of a similar age. Swimmers will be told which event they will be swimming once they have arrived at the pool.

Galas usually take place in a single evening. The races are swum within age groups against five other clubs (usually local). Swimmers may swim up an age group but may not swim down. If you are selected for a gala you will receive an email invite with a cut-off date by which you should reply to confirm if you are available.

Although there are no medals to be won at a development gala, the clubs that finish in 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> may collect a trophy to keep for a year. During the event the Faversham coaches will also select 2 swimmers to receive the Tesco Star and Tesco Shield. In the autumn, Faversham S.C. holds a presentation evening. Swimmers that have represented the club at a development gala will receive Club Colours. This is a badge which includes the year in which they swim for the club.

### **On the night of the gala**

Please arrive at the pool by the time requested on the email invitation. The requested arrival time allows for confirmation of arrival to the Coach, changing and warming up. It is important to arrive on time otherwise the Coach may have to reallocate your races to another swimmer.

### **Warm up**

The warm up is normally split into the younger before the older swimmers. A list will be put up to tell you the allocated warming up time. There is usually a 10 minute warm up followed by 5 minute sprint starts (diving in and sprinting 1 length then getting out at the other end).

Once on the poolside a team sheet will be available and you will be able to check which events you are swimming. Relays are always swum in the order stated on the team sheet.

All swimmers are asked to stay until the end of the event, to support their teammates and to congratulate the winning club. A Faversham team photo is also taken to accompany a press report for our local newspaper.

### **Remember to bring:**

- A spare towel to dry off after your warm up
- A drink and light snack while you wait for your race
- A Faversham top to keep warm and for the press photo at the start or finish of the gala.
- Swimming goggles and hat, plus a spare pair of goggles in case the other ones break.