



# GALA PROTOCOL

## *Be Proud Of Your Club*

Gala protocol is applicable to all, and is implemented to ensure that parents and swimmers can experience the best at galas. Following gala protocol ensures that we achieve a gala that runs smoothly where we are respectful of one another and proud of our club with happy swimmers achieving great results.

At galas we encourage swimmers to sit together with the coaches and parents to sit together separately when or if possible. This gives the swimmers freedom to build strong relationships and bonds together and the same with the parents. It also imparts the swimmers to learn how to be responsible and ensure that they are race ready instead of always relying on mom or dad.

Programs aren't always sold at galas, however there is a mobile app called: **MEET MOBILE** which is available for all swimmers and parents which gives a live updated program with results.

## *What is Gala Protocol*

- Arrive 1 hour and 15 minutes before commencement of a gala.
- This is so that the swimmers can orientate themselves, stretch and swim a warm up.
- Remember, a rushed swimmer is a stressed swimmer!
- Look out for our Sandton Seals Gazebo's and report to the coach.
- At all Galas we sit together, socialise, have fun, and support our swimmers and coaches.
- Gala programs are sold at the gala venue.

## *What are the rules for Club Members at galas?*

- Swimmers WILL wear their SSS cap when warming up at gala's when representing Sandton Seals.
- Swimmers WILL wear their SSS cap when competing at a gala when representing Sandton Seals.
- Swimmers WILL wear their SSS cap when swimming in a relay.
- Swimmers WILL wear their SSS tracksuit when receiving awards.
- Swimmers can wear any swimming costume they choose.
- Swimmers will be assumed to be available for relays unless they inform the coach otherwise.
- Please check with the coach before you leave heats as to whether you are needed for a relay team.
- No swimmer may swim in another Province without receiving clearance from CGA. If you intend swimming in another Province, contact our Club Secretary to arrange the clearance.
- **BE PROUD OF YOUR CLUB. LOOK SMART, BEHAVE SMART AND SWIM SMART.**

## ***Who do I speak to at a gala if I want to scratch,etc?***

- Speak to the coach and then the coach will speak to the team manager.
- At every gala the coach will ask one of the parents present to be the team manager.
- The team manager attends the pre-gala briefing just before the start.
- During the gala the team manager is the only person allowed into the gala admin office.
- The team manager deals with all gala issues e.g. scratchings, a protest, a psyche sheet error, a late entry etc.
- Swimmers will be assumed to be available for relays unless they inform the coach otherwise.
- They also hand in the relay team entries as prepared by the coach before the required deadline (usually at the end of morning heats).

