



GALA SURVIVAL GUIDE

Everything You Need

The rule is pack for all 4 seasons. Plan to be at the gala for the whole day. A suggested list is as follows:

- **Nourishment** (limited selection on sale)
 - Your own food/snacks.
 - Your own drinks.
- **Swimming kit**
 - Towels (1 for warm up and 1 per race).
 - Costumes (as many as needed).
 - SSS Cap and tracksuit.
 - Goggles.
- **Clothing**
 - Sunblock and a hat.
 - Socks and warm clothing. (windbreaker/raincoats).
- **Entertainment**
 - Books
 - Games
 - iPods
 - Homework
- **Other items**
 - Chairs
 - Umbrella's
 - Blanket/pillow
 - Sleeping bag
 - Picnic rug

Nutrition hints and tips for galas *Pre-gala meal:*

- There is no magic meal you can eat before a competition to ensure that you win.
- There are some guidelines you can follow to enhance your performance.
- The pre-event meal should be familiar - this is not the time for experiments.
- Don't eat anything that gives you indigestion or makes you feel bloated.
- Your pre-event meal should be light and easy to digest, but contain enough food to satisfy your hunger and prevent weakness when you compete.
- It is advisable that you eat a minimal amount of fat as it is difficult to digest.
- You do not want your body diverting blood supply to your stomach when you need the blood for your muscles.
- **Some pre-event meals could be:**
 - Bread, toast, pancakes, crumpets, muffins.
 - Banana, honey.
 - Rice, pasta/noodles, potatoes with low fat sauces.
- Breakfast cereals and low fat milk.
- Fruit and fruit juices.

Eating during the gala:

- At galas you are required to compete several times during the day.
- Your priority is to replace fluids and top up your glucose levels between events.
- If you have 2 -3 hours between events you can eat solid food as well as liquids.
- Solid foods will not only restore glucose levels, they will also prevent you being distracted by hunger pangs.
- If there is too little time to eat and digest food properly between events, your priority must be fluids.
- Fluids containing carbohydrates, such as sports drinks, can also replenish some of your carbohydrate losses and prevent dehydration.
- **Some suitable recovery snacks for rapid replenishment are:**
 - Jelly Beans.
 - Ripe Bananas.
 - Honey Sandwich.
 - Rice cakes with honey.
 - Sports drinks.
 - Potatoes.
 - Muffins with jam/low fat cheese.
- **Other healthy snacks for galas are:**
 - Muesli bars/ Cereal bars.
 - Fruit.
 - Provita Biscuits.
 - Health rusks.
 - Rolls with tuna.
 - Raw vegetables with cottage cheese.
 - Popcorn.
 - Biltong in small quantities.
 - Pretzels.

CHIP 'N DIP IS ONLY FOR AFTER THE GALA :)

