



Congratulations – you have been picked for the gala team – well done!!

The Team Selection Committee chooses the gala team for Dolphins. We look at your PBs and how well you swim a stroke. We look at your age and what races are in each gala and then pick the best mix of people available to do as well as we can.

Below are the answers to some commonly asked questions.

Will I be good enough?

Some swimmers are worried about being good enough. Trust the selectors. They have looked at your times and have decided that you are the best person available for those races. We are just looking for you to try your best.

What will I need to take?

You will need your costume, goggles and a hat (you will be given a Dolphins gala squad hat). A spare towel is useful to sit on. You need a t-shirt as it gets chilly in between races. Any large t-shirt will do but if you would like a Dolphins top you can order these from Hucknall Sports.

You will need a water bottle and snack in case you get hungry.

You must not wear kit from other swimming clubs.

Can people watch?

We encourage relatives and friends to watch and cheer on the team. The costs vary but are approximately £2.50 adult, £1 for children.

Spectators must stay in the spectators' area and not enter the changing rooms or stand on the edge of the pool (this is for child protection reasons). If you are worried about going into the changing room on your own, we will get an older swimmer to take you in, or one of the Dolphins officials who are all DBS checked by the ASA.

How will I know where the gala is?

You will be told where the gala is and what time you have to be there. Most of the galas are local.

If you need a lift please ask.

What if I can't make it?

Once you have agreed to swim, you are committed. If a better offer comes up, or there is something good on TV, we still expect you to come.

We understand that you may become ill and we urge you to tell us as soon as possible so we can get a suitable replacement. If you wake up ill on Saturday morning, please phone someone straight away – don't just hope you'll get better and then pull out last minute as it is much harder to find a replacement at 5 o'clock.

What do I do when I arrive?

You need to find the changing room and get changed. Take all your clothes in a bag to the pool where you will find a Dolphins Team Manager. They will tell you where to put your bag.

It is important that you stay with the team at all times and NOT sit with the spectators or friends from other clubs. It is difficult to get the right swimmer for the correct race if we cannot find you.

How will I know when I am swimming?

The team managers will tell you which races you are in and what stroke you are swimming (they usually write this on your hand). They will tell you when to get ready for your race.

At the end of the lane, you will find a 'Lane Ender' or a Time Keeper. They will tell you exactly when it is your turn to go, remind you what stroke you are swimming and help you with the take-overs in relays.

If you are not sure what you are doing, please ask.

What if I don't want to swim the race I have been picked for?

We spend a long time deciding who is going to swim which stroke in which race. We have reasons for the team we pick and not everyone can swim their favourite stroke. (Not many like butterfly, but someone has to swim it). We therefore expect you to swim the race you have been selected for.

On the other hand, we don't want you to get upset. Talk to one of the team managers if you are, it is unlikely that we can swap your race, but we may decide to swim someone else or leave that race with no swimmer.

What is a warm up?

This is a half hour slot before the gala starts where the girls warm up together for 15 minutes, followed by the boys. It is your chance to loosen up the muscles ready for racing, to get a feel of the starting blocks and practise tumble turns at the shallow end for 50m races. Swim slowly and steadily (do not race and pull a muscle).

Will I have to dive?

We do encourage people to dive and there will be blocks at the deep end. If you cannot dive off the blocks or the side, it is better to start in the water (you will be shown how to do this).

We are lucky at Hucknall as our pool is deep at both ends. Other pools have shallow end less than 1m deep. There is a ruling that swimmers without a certain diving certificate have to start in the water at the shallow end and dive off the side at the deep end. The officials on land end will talk to you about this at the time.

What if I don't win?

We want you to do your best, a PB is what you are aiming at as this would mean that you have swum faster than ever before! Of course, if you do win that would be great. Sometimes people suffer from nerves and don't perform at their best – we do understand.

Some people get disqualified. Don't worry, this can happen to even our most experienced swimmers. Try to find out what went wrong and see if you can put it right next time.

What if I need the toilet?

Check with the team managers before you go as you don't want to miss a race. The best time to go is probably just after you have swum.

What do I do when I have swum all my races?

The team managers will tell you when you have finished, don't just assume you can go without checking first as someone might have had to pull out of a later race and you are needed to cover. When you are told you can go, get changed and then either join the spectators to cheer the rest of the team on or go home.

How will I find out the results?

Results and times will be distributed the week after the gala and put on the noticeboard.

What if I misbehave?

You are representing the club and are expected to behave well. Galas are fun, but swimmers found messing about in the showers when they should be racing makes it difficult for the Team Managers. Play-fighting on poolside or excessive noise at the start of races will also go against the club. We encourage our swimmers to urge on their team mates and negative comments about someone else's swimming will not be tolerated as will lack of respect for the Dolphins officials.

Poor behaviour at galas may result in you not being selected again.

What age range do I swim in?

This is where it starts to get tricky.

Different galas have different rules. For some your age will be that on the day of the gala. Some is your age on the last round of that gala of that season. Others are your age at the end of the year. The other thing is that galas have different age groups, some are 8/9s, 10 and under, 12 and under etc. Others are 8/9s, 11 and under, 13 and under

etc. So you will be classed as 8/9 for some, 10 for some and 11and under for others! This can have a bearing on whether you are the best swimmer in that age range and thus selected.

Will I be picked for another gala?

The selectors usually pick 4 swimmers from each age range. They will have 4 preferred swimmers and then 2 reserves. If you are a preferred swimmer for a certain gala, you are likely to be picked for that type of gala again, but this is not always the case. A good PB from someone else at a timetrial may mean they will be picked over you.

Basically we pick the fastest people available of the right age for each gala.....unless it is a JC Dobb, where if you are too fast you will lose points – I told you it was tricky!!

You can get more details by talking to one of the selection committee.

How can I find out about other galas?

All gala dates are emailed out at the start of the year. A copy is on the notice board.

I love the experience and want to swim more.

There are open galas where swimmers swim for themselves under the club name. You enter these yourself (beware – some have entry times you have to meet). Look on the ASA website for more information.

Speak to Kathryn Brewster if you want to swim in one as your membership will need to be upgraded. See her poolside or email kmabrewster@gmail.com

Contact information

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