

YOUR FIRST SWIM FOR SHREWSBURY AMATEUR SWIMMING CLUB



Read the gala details.

Where have you got to go?

Is there a bus going?

What time is the warm up?

Get there 15 minutes before the warm up.

In your bag have 2 towels, 2 costumes, your favourite goggles, a t-shirt, Shrewsbury hat and a soft drink.



At the pool report to the team manager, your name will be on the team sheet.

The team manager will tell which lane and when to swim your warm up.



After your warm up get dry and stay warm by putting on your t shirt.

If you need to leave the poolsides for any reason tell the team manager where you are going.

Stay with your friends and encourage your team mates.

The referee is in charge of the gala. The referee will start the race using a whistle or a starting signal.



If it is not your race stand still and keep quiet while the whistle goes at the start off each race.

The team manager will tell you when it is time for you to race.

When the starting signal goes and your race starts, swim as fast as you can.



At the end of the race stay in the water until the referee tells you to get out?

After your race go back to your team manager and see if you have another race, don't get dressed until your team manager tells you to.