

Galas Procedures

Sign in and out! Communicate to the Team Manager of your arrival

Water Drink plain water, bring plain water!

Food Eat well: before, during and after your competition day; follow the snacks recommendations!

Rubbish Make sure you help to keep tidy & clean our "Club area" during and after competition.

Footwear You must wear a footwear (flip flop or "pool shoes") for keep you warm and safe.

Keep warm It is vital that you support the Team using a "Club Top" and clothes in accordance

Stay together Be part of Team all the Time, cheers your teammates and stay together.

Follow the TM & Coach instructions Listen to your Coach & Team Manager, they will prepare & help you during all competition.

Check out what events entered Check with your Team Manager & Coach, what events are you swimming and what time will you need to line up to it.

Warm up/Swim Down It is important that you arrive in time to do your warmup and also do your swim down after the races if the facilities are available.

Talk to the Coach before and after the race! Your Coach is the best & right person to get race tips before your race and feed back after your race when you complete it. Remember you and your Coache work together all the time.

Enjoy your race and celebrate your achievement!