



Entering and Attending Gala's

Entering the Gala

We have developed a gala policy to explain our approach to galas and responsibilities of swimmers, parents and the Club. This policy applies to all North Cornwall Dragons competitive squads.

We will develop a competition calendar for each season, which will normally be sent out in before September and added to if dates are not available when first published. The objective of the calendar will be to provide swimmers with an appropriate number of opportunities to compete given their age and stage of development. The galas we target will always be supported by our Coaching Team and the required number of Team Managers. At least one coach on poolside and, if required, a Team Manager.

The competition calendar will be emailed, published on Spond and added to the Club website. It will set out which galas are suitable for which squads. Suitability criteria will also be set out when the gala is advertised. If anything is unclear swimmers or parents/guardians should seek advice from the Coaching Team.

Gala packs will be sent out via email and added to Spond when available to the relevant squads / swimmers, with instructions and a deadline for returning forms. If forms are not returned by the deadline, the swimmer will not be able to enter.

Payments for galas are required as soon as the entry form has been sent in. We will also charge a small additional club administration fee to cover coaching attendance costs at galas and other overheads. Payment of the administration fee is mandatory and swimmers will not be entered if it is not paid.

Swimmers should always seek advice from their Coaches regarding which races to enter if they are unsure.

If an entry is rejected by the club holding the gala (e.g. due to capacity constraints) or for any other reason, the Club will refund the entry money for that race.

Gala Day

Swimmers should arrive for gala sessions in time to participate in land and pool warmup as set out on the correspondence by the Club. The Team Manager will sign them in on arrival.

It is expected that swimmers will attend and swim all the races they have been accepted for, unless there are exceptional circumstances, such as illness. Entering and then not swimming a race means that a race slot is wasted and another swimmer may not have had the opportunity to race. Also, for certain galas, NCD will be fined if swimmers do not attend or drop out of races for no reason. We will expect parents/guardians to pay the fine in these circumstances.

Parents/guardians and non-swimming siblings are not permitted on poolside during galas. This is a Swim England policy and is to protect the safety and welfare of swimmers. Swimmers will be looked after by the Coaching Team and Team Manager, who are trained and DBS checked.

Swimmers should stay on poolside during gala sessions, and not sit in the spectator area. This is necessary to ensure swimmers are on time for their races and helps build a team ethos, supporting their fellow swimmers. They should have enough clothing to stay warm, drinks and healthy snacks.

Swimmers will receive a pre-race briefing and post-race review from the Coach.

Swimmers should not leave the gala until they have been collected by their parent/guardian or appropriate adult Team Manager.

Swimmers are expected to behave considerately towards other swimmers and always follow instructions from the referee or officials. Competing in a gala is enjoyable and rewarding, however they can be very long days and everyone must work together as a team and support one another for it to be a success.

Which Gala Can You Enter?

Knowing which swimming gala to enter can be really, really confusing. Some are age on day, age at the end of the year...some have upper cut off times (no faster than) and some have no entry times at all. To make it slightly easier we have put the following table together:

SQUAD	LEVEL 4	LEVEL 3	LEVEL 2	LEVEL 1
Development	✓	By Invite Only	✗	✗
Intermediate	✓	✓	If Qualified	If Qualified
County	✓	✓	✓	If Qualified
County+	✓	✓	✓	If Qualified
Regional	✓	✓	✓	✓