

## **PREPARING FOR AND ATTENDING GALAS/OPEN MEETS**

### **What Kit should I take to a Gala/Open Meet**

1. Swimsuits (as a rough guide, 1 to warm up in and 1 to compete in for each session).
2. Goggles x 2
3. KRSC swimming hat x 2
4. One towel for each session
5. KRSC polo shirt/poolside shirt/t-shirt and shorts/tracksuit bottoms to enable you to keep warm on poolside
6. Pool shoes – flip flops or sliders
7. Drinks in plastic bottles (no cans or glass bottles on poolside)
8. Snacks for between races
9. iPods and mobiles are allowed but please ensure they are set to silent at all times. These are the responsibility of the swimmer NOT the Team Manager or Coach

### **What Food to Take to a Meet**

1. Eat sensibly in the run up to a gala – carbs are always important to swimmers to keep up energy levels. Too much fat, or food generally, will make you sluggish
2. Keep hydrated both in the run up to a meet and during – regular small drinks of water will help. Avoid fizzy drinks
3. Food on the day should be easy to eat and digest and it is a good idea to take food that can be eaten as small snacks rather than a big meal. Low fat sandwiches/bagels, simple pasta dishes, fruit/raw veg are all good options

## **Spectators**

1. Spectators are always welcome but it can be a very long day in a very hot atmosphere, so ensure you dress comfortably for the heat, bring food and drink, a cushion and something to keep you occupied in the long waits between races
2. **Parents are *not allowed* poolside** so ensure you pack everything your child will need in their bag
3. You will be expected to pay an entrance fee to watch your child swim – some clubs take money at the door whilst others offer an online option to pay for your spectator ticket
4. **Try to be positive for your children at galas even if they don't swim well.** You may feel you have wasted many hours but negativity will not help! Most swimmers will put immense pressure on themselves to perform well and, if a race does not go to plan, they will be disappointed and may feel they have let you down. **A parent's role is to give them reassurance and support.** Do not enter into a post-race analysis - this will be done by the coach as and when he/she feels the swimmer will be most receptive

## **Meet Mobile**

You may want to download Meet Mobile to your device. Meet Mobile is a results service that you can download from the App Store. It will allow you to view heats and see results for each event across most open meets. Please note there is a minimal annual charge for this app.

## **Open Meet Results**

Meet results will be uploaded to the Kingston Royals database shortly after the meet.

You can view your individual swimmer's results via your Team Unify account.

Alternatively, to view the full competition results (including DQ Codes) for each meet, please navigate to **Galas | Meet Results** on the KRSC website or follow the link below:-

## **Meet Results**