

What to bring to a gala?

For some swimmers, the fear of forgetting something essential can be almost as nerve-racking as the actual races!

Push those “what-if’s” out of your head, relax, and follow this guide...

Before the gala, the coaches will let you know warm up times etc. If you are swimming in that session, please be on poolside (changed and ready for warm-up) by the time given. Coaches have a cut off time by when they need to notify the organisers of any withdrawn swimmers. If you are going to be late, let your coach know (WhatsApp or a phone call is best) or you will be withdrawn from that session.

Take on poolside:

Small bag containing:

- 2 caps (Carnegie SC)
- 2 pairs of goggles
- towel
- Team t-shirt (or plain white one)
- Shorts
- Flip-flops / sliders
- Snacks (e.g. fruit, crackers, cheese, small amount of sweets. No nuts, crisps or fizzy drinks please)
- Water bottle
- Something to keep you occupied between races (Book, puzzle book etc. No electronics)

Have in your locker:

- spare swimsuits / jammers
- spare towel (one for poolside and 1 for changing after)
- comfy clothes / swimzi
- Lunch / snack

For Parents / family watching:

- Bring some change for entry to the viewing gallery (usually around £2 each) and for raffles / bake sales.
- Drinks – it gets hot in there!
- Something to keep you occupied between races.

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