



SWIMMERS AND PARENTS GUIDE TO ATTENDING GALAS

The following advice has been put together by the coaching team to help the swimmers and parents enjoy a positive experience at open meets and galas and allow the swimmers to have the best chance of success at their meet.

For Parents:

1. **NPSC Cheerleaders** - Watch your swimmer and join the NPSC Parents Cheerleaders. Cheering on all NPSC swimmers helps them by creating a good atmosphere and helps team morale in and around the poolside. Swimmers need your support, please allow the coaches to do the coaching on poolside.

2. **Be Jamie Oliver** – Ensure that the swimmers have the correct type of food and fluids. This will have an effect on how they perform throughout the meets and galas. The swimmers need to ensure that they have a high carb breakfast before competing. The swimmers will be having a nutrition workshop to help them understand the importance of this.

3. **Be the swim shop** - Swimmers need spares of everything (hats, goggles, suits, poolside wear including footwear, towels) They may also need a fold out chair at some meets - if you are unsure if its needed have it in the boot of the car in case.

4. **Encourage Independence** - Swimmers should stay on poolside with the team throughout the meet. If they have finished their swimming or have to leave to collect something then they must communicate this to the coach on poolside. Swimmers need to learn to support each other, which is part of becoming independent as a swimmer within the sport. Please do not encourage the swimmers to sit in the balcony with you - enjoy your free time.

5. **Be Prepared-** It is the Swimmers responsibility to know warm up times if it's a sign-in meet. They need to arrive in good time to be able to do mobility before the warm up without getting stressed by being hurried-up by the coaching team.

If you are late or lost, call a coach or a friend so someone at the meet is aware and may be able to help. If you are not attending please let the head coach and the meet Manager know asap so withdrawals can be done in good time.

6. **Motivation** - Support is all the motivation that swimmers need and the coaches will provide them with the praise sandwiches! We would encourage parents to avoid getting into the whirlwind of monetary rewards per PB, as this does leave the coaching team in a difficult position with having to deal with the disappointment of swimmers in tears on poolside.

Advice to swimmers attending galas:

1. Do not leave the building without your parents.
2. Inform poolside staff if you need to leave poolside. We should be able to find you sitting with the team and cheering on your friends.
3. Know the races you have, days before the gala.
4. Ask the coach if you need any help. We are busy but we are there to help you. 😊

Regards

The Coaching Team.