

**What do I need for my first gala?**

Firstly, at all galas a Coach or Team Manager are there on poolside to look after all the swimmers and they will support all new swimmers and guide them through their first gala. Swimmers will need extra towels in their kit bags, spare goggles and swim hats are a good idea as the last thing you want is a swimmer upset because of broken goggles. Drinks bottles are needed along with some snacks (no chocolate). A tee shirt or club polo shirt is needed to keep swimmers warm between races. The one thing that new swimmers should do is enjoy their galas as this is the reason they put in all of the hard work in training sessions.