



Corby ASC – Gala Etiquette

1. On arrival please report to the team manager to register.
2. If for any reason you are able to attend please email before the start of the warm-up to withdrawals@corbyswimmingclub.org.uk
3. If you are going to be late (either by accident or on purpose) please let us know. Using the above email address.
4. If leaving poolside for any reason please let the team manager know where you are going.
5. If for any reason the swimmers are to 'Not start' a race please ensure that you inform the coach immediately so the correct procedure can be followed.
6. If you are going down for a race please let the team manager know so that they are not looking for you.
7. Please ensure kit is labelled so that left kit can easily be returned to the rightful owner.
8. Please wear a Corby T-shirt on the poolside and a Corby hat when racing and warming up.
9. Swimmers are allowed snacks on poolside and they are responsible to dispose of any rubbish and any food they drop. When leaving poolside it should be left as they found it.
10. Please also consider what types of food is appropriate to give swimmers. High sugary foods 2 hours before their race for example is not the best preparation.
11. Before going down for a race please speak to the coach on poolside.
12. It is important that swimmers keep their muscles warm after the warmup so it is important they have t-shirts and bottom to put on while waiting for their race.
13. After your race please get feedback from the coach on the poolside.
14. If available make use of the swim down pool to recover from your race.
15. ENJOY RACING and please cheer on your team mates!