



Coolmine Swimming Club - Attending a Gala Guide

Attending a swimming gala can be both exciting and overwhelming for athletes and parents. This guide provides key information to help make the experience as smooth and enjoyable as possible.

Before the Gala

Venue & Warm-Up Information:

The location of the gala and warm-up times will be communicated by the coolmine gala secretary or coach in advance via WhatsApp groups.

What to Bring:

Ensure you pack the following essentials:

Swim Gear:

- 2 swimsuits (one for warm-up, one for racing)
- 2 Coolmine club racing hats (in case one rips)
- 2 pairs of goggles (in case one breaks).

Clothing:

Coolmine Club T-shirt, Coolmine Club hoodie, shorts/track pants, warm socks, and clean footwear (e.g., sliders or runners).

Towels: At least two towels to stay dry and warm between races.

Food & Drinks: Small snacks (fruit, crackers, nuts, snack bars) and plenty of water. Avoid large meals before races and NO energy drinks. Club swimmers at this age should be getting fuel from their regular diet.

Arrival & Check-In:

Team Area:

When you arrive, locate the Coolmine team area and check in with the Team Manager (TM). Simply say, "My name is [Athlete's Name], and I'm here."

Warm-Up:

Arrive at least 30 minutes before warm-up starts.

This allows time for parking, changing, and meeting the team.

Please Note: The warm-up time listed is when athletes should already be in the water, not when they start changing.

Scratches (Withdrawals):

If an athlete cannot compete in an event or the full gala, the following must be informed:

- Squad coach (before the gala and/or during the gala).
- Team Manager (on the day).
- Coolmine Gala Secretary (via email).

Note: If the withdrawal deadline has passed, the entry fee will still be charged.



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During the Gala

Staying with the Team:

Athletes should remain in the Coolmine team area rather than sitting with parents. This helps ensure they don't miss their races and strengthens team bonding. They can check in briefly with parents but should primarily stay with the team.

Race Information:

The Team Manager will receive heat sheets and inform athletes of their heat and lane numbers.

Listen for race calls and be ready at least 30 minutes before your estimated race time.

Proper Attire & Conduct:

Club Gear:

Athletes must wear their Coolmine Racing Hat during races. Extra hats can be purchased from the Team Manager (€10 each, paid via bank transfer).

Dress Code:

When not in the water, athletes must wear at least a T-shirt and shorts (for child protection).

Footwear:

Proper footwear must be worn at all times when walking on deck.

All Coolmine SC swimmers must wear "Socks to the Blocks!" to keep feet warm during line up.

Warm-Up & Race Starts:

The coach will guide athletes through warm-up procedures.

Diving is not allowed during warm-up, except in designated sprint lanes (usually available for 10 minutes at the end of warm-up).

At Level 1 galas, younger athletes may dive from the blocks, poolside, or start in the water—whatever they are comfortable with.

Parental Guidelines

Pool Deck Access:

Parents are not allowed in the changing rooms, shower areas, or on the pool deck. Only athletes, Team Managers, and coaches are permitted.

Spectator Areas:

Spectators must stay in the designated viewing area. Seating is often limited, so arrive early to secure a spot.

Respect for Volunteers & Officials:

Team Managers and event organizers are volunteers—please be patient and respectful. Coaches are there to focus on the athletes; parents should avoid distracting them unnecessarily.



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After the Gala

Official Times:

Times are usually posted in a prominent area at the venue.

Athletes can ask timekeepers directly after their race.

Official results will be sent to the Coolmine Gala Secretary after the event.

Leaving the Venue:

Athletes may leave once they have completed their final swim.

It's good practice to inform the Team Manager before leaving.

Photography & Mobile Devices

Some venues allow photography only if the device is registered at reception with a valid ID.

Others do not allow any mobile devices on deck or in spectator areas—please respect the facility's safeguarding rules.

Final Thoughts

Galas can be long and tiring, but they are an essential part of an athlete's development.

Parents should support and encourage their child rather than critique their performance—that's the coach's role.

The primary goal is to gain experience, develop racing skills, and enjoy the event!