

# **Beginners Guide to Splash!**

Splash night is an internal gala, open to swimmers at Dunstable Swimming Club and Bletchley swimmers who are dual-clubbed with us. It's a really informal and fun evening, and a great way for you and your parents to get to know everyone at the club.

If you are new to the club, you probably are wondering what happens on a splash night, and may feel a bit apprehensive or nervous. **Don't worry!** First thing to remember, is that every swimmer you see competing at Splash night, has had a first splash too.

If you are in the Academy squad you should enter into the 25m events, which are only for our academy swimmers, you can enter 1, or all 3. It's entirely up to you and your parents to decide. They are spaced evenly throughout the evening so you will get a rest between each event. You can also enter the 50m events, it's best if you ask your coach for advice on what ones you are ready for.

As it's your first splash night, we will ask another more experienced swimmer to guide you through the evening. When you arrive at the centre please tick your name off on the sign in sheet so that we know you have arrived ready to race. Your guide will be used to doing the Splash events, and will show you where you need to be before a race and what to do afterwards, while you are waiting for your next event. You will remain with the other swimmers throughout the evening, helping cheer your team mates on and enjoying the exciting atmosphere and noise!

Once you have finished all your events, you can get dressed to go home. If you would like a digital certificate of your races then please email [internalgalas@dsc.com](mailto:internalgalas@dsc.com) no later than one week after the event to receive them via email.

## **Items to bring**

- Kit bag (this will stay poolside with you), you do not need your float bag!
- Swimming costume
- Goggles
- DSC hat
- Towel
- DSC t-shirt if you have one
- Warm clothes / onesie for afterwards
- Bottles of water

Snacks, snacks, and more snacks. No-one eats as much as swimmers on splash night!!!

Please make healthy, conscious choices and no sweets.

If you have any questions about Splash, no matter how big or small, please get in touch.

Enjoy your first Splash event and see you on poolside!

Louise Pantazi

Internal Gala Secretary