

A Guide To Aquasprint Galas

Aquasprint galas give young swimmers the opportunity to be part of a team and also to take part in healthy competition. To enable this to happen takes a lot of organisation by Club Officials, the participation of swimmers and the commitment of their parents/guardians.

The Aquasprint team is for children aged 7 to 11 years old. The swimmers for each gala will be selected a week in advance of the gala. If a swimmer is not able to compete in a specific gala we would ask that they let the Aquasprint Co-Ordinators know as soon as possible.

EVENTS

There are two relay events (medley and freestyle) and four individual strokes for each age group.

The Medley Relay is the first event and consists of Backstroke, Breaststroke, Butterfly and Freestyle. Two boys and two girls from each age group compete in these relays (4 races)

Backstroke – Girls and Boys (8 races)

Breaststroke - Girls and Boys (8 races)

Butterfly - Girls and Boys (8 races)

Freestyle - Girls and Boys (8 races)

Freestyle Relay consists of 2 boys and 2 girls from each age group (4 races)

EQUIPMENT

Team members need to bring the following equipment:

- Swimsuit/Swim shorts
- Goggles
- Breifne Swim Club hat (Only club hats may be worn at Aquasprint Galas)
- Towels
- Drink
- Club T-shirt to wear between races to keep warm

TRANSPORT

- Half of galas are held at other venues, coach transport is provided by the club
- Coaches have seatbelts, which must be worn.
- Cost of the coach is €10 for each swimmer travelling or €25 per family.
- All passengers are counted at the beginning of each journey to ensure all are present. Please let an official know if your child is not travelling by coach.

PARENTAL ASSISTANCE AT GALAS

Support from parents is essential at galas to assist with various duties:

- Timekeeping
- Officials to organise swimmers prior to each race
- Starter and finishing judge
- Official to record times and keep score

We also need supporters to cheer on all swimmers taking part in the galas

After galas, the home team provide a supper for all participants and supporters, so we ask for parents to provide sandwiches, tray bakes etc.