

**Worthing Schools Swimming Gala - Teacher briefing sheet 2019**

1. Please submit Team Declaration sheets to agroveswssa@gmail.com No Later than Thursday 31st January 2019. Any late changes due to illness or similar can be done on the day.
2. A swimmer may only compete in ONE individual race and as many relays as you require them for.
3. Please do not arrive at Splashpoint before 12.30 as the public will be using the pool until this time.
4. Once you have all your team (under the direction of Leisure Centre staff) please take your children to the changing village.
5. Once poolside please look for your school name and make a base there.
6. Please make sure you listen carefully to announcements- there will be a teachers’ briefing before the start of the gala and you will need to send a member of staff along.
7. Warm up will start at 12.45pm and the competition at 1pm. During the warm up staff will need to marshal the lane with their own children in.
8. Schools will be allocated a lane for the warm up and competition as detailed below;

|  |  |  |  |
| --- | --- | --- | --- |
| Lane  | Year 3/4  | Year 5 /6 Heat 1  | Year 5 / 6 Heat 2  |
| 1 |  |  |  |
| 2 |  | English Martyrs  | West Park |
| 3 | Elm Grove | Elm Grove | TAB |
| 4 | Broadwater | Whytemead | Broadwater |
| 5 | Chesswood  | Chesswood  | Vale  |
| 6 |  |  |  |

1. Before the competition starts there will be a demonstration of the swimming starting procedures.
2. Children WILL NOT be allowed to use the starting blocks but may dive from the side or start in the water.
3. Please make sure your children are ready for their race. Races will be as per programme. All year 3 /4 25M races will start at the changing room end of the pool and all 50M races the diving pool end.
4. There must be quiet at the start of each race – once children are swimming feel free to encourage them as much as you like.
5. The gala will follow the order of races as indicated on the programme please ensure you bring a copy with you.
6. At the end of the gala swimmers will need to stay poolside for the presentation.
7. Medals will be awarded for each individual event but NOT the relays.
8. Please can last years winners TAB Yr 5/6 and Chess/Vale – yr 3/4 return the trophies. Thank you.
9. And finally, …enjoy the gala!!