

## NEW MEMBERS – USEFUL INFORMATION



As you receive various emails you may notice they are not always directly applicable to you.

The bulk of the emails you will receive will be about up and coming Galas. As the club grows and develops more sophisticated systems, squads/groups of swimmers will emerge and they will be targeted more specifically.

Whenever details of a gala come to you, check with Iryna, or a member of the committee, as to whether it is suitable for your young swimmer. Galas are graded eg 2 or 3, some B or C, and this indicates the gala's degree of difficulty. The qualification times are the best indication of the standard of the gala.

Explanations of galas and their differences can be found on the Didcot Barramundi Website under 'GUIDES' – then look under 'Other Useful Guides'. This will also give you advice on what to expect at a gala, what clothing, food and shoes etc are necessary.

Pre requisites for applications to galas are:

1. The swimmer is registered on a blue ASA membership form (some 'Invite-only' galas are an exception to this)
2. The swimmer must be 9yrs old before they can compete. ( " )
3. The swimmer must have a **Competitive Start Certificate** – this is an award indicating that the swimmer has met certain standards required in order to execute a safe dive in any pool at a certain depth. Some lower level galas permit in-water starts, but most require that all swimmers are certificated. This needs to be checked with the Coach. At present dive practice occurs on Saturday evenings.
4. The Coach has indicated that the swimmer is ready to go to a gala.

When all that is done then follow the 'GALA APPLICATION PROCESS' that you will have received in your welcome pack. A copy of this can also be found on the Barramundi website.

A Club Handbook is available behind Reception. It has paper copies of most things on the website. It is a work in progress and as yet, incomplete!

Your committee is here to answer as many of your questions as possible, if we don't know the answer, we probably will know someone who does! Minutes of our meetings are also available behind Wave's reception area. Feedback and/or offers of help are always welcome!!