

PARENTS GUIDE TO THEIR FIRST GALA

What to pack – Plenty of water/squash to rehydrate

Poolside snacks ie; cereal bars/fruit/pasta

A spare T-Shirt to wear between races to keep warm

Swimming hat, 2 pairs of Goggles in case one pair brakes, Costume and a Towel

What to do - Arrive 15 minutes before warm-up allowing time to get changed and register

Cheer, and support your child it makes the atmosphere great

Don't forget your camera for your child's first ever podium shot

Encourage your child and never be disappointed, each and every one of them are brave for taking part and will always gain experience whatever happens!!

Jessica-Jane Applegate