

Information for swimmers and parents/carers

There are a number of different types of galas that squad members can compete in:

Internal galas

Davy Trophy galas are held three times a year and all Bronze, Silver, Gold and Platinum Squad members are invited to take part. Swimmers are placed in one of four teams: Red, Yellow, Green or Blue. You will be contacted by your team manager before the gala to confirm whether you can attend. Some of the Davy trophy galas are held in Tottenham Green Pool and some at Park Road Pool.

The **Club Championships** are held twice a year, in June and November, at Park Road Pool. All Squad members are expected to take part. Cups, medals and certificates are awarded for the fastest swimmers in each event in the following age categories: Under 10, Under 12, Under 14, Under 16 and Seniors.

External galas

Our **Trophy galas** (the Gordon Trophy, Allan Davies Trophy, Millbank Trophy and John Watson Trophy) are those in which Haringey competes against other clubs. These are all held at Park Road pool.

We also compete in the **London Graded League**. In these galas each event is graded according to set times, with some events aimed at the faster swimmers and some for developing swimmers. Graded galas are a good opportunity for developing swimmers to gain experience of competing against other clubs, while racing against swimmers of similar ability. Haringey competes in six LGL galas a year, held at various locations around London.

Middlesex County and London Region galas

Where swimmers have fast enough times to qualify, they will be invited to take part in Middlesex and London Region events, which are usually held over a whole weekend. These galas are entered for on an individual rather than a team basis. Entry forms will be given out in advance to those swimmers with qualifying times, and it is up to the swimmer and their parent/carer to return the form by the closing date. There is an entry fee for competing in these galas based on the number of events entered for. Swimmers will be told a few days before the gala whether their entry has been accepted – this depends on their entry time and the number of other swimmers who have entered.

Middlesex Development Meets are held twice a year, in April and October at Southbury Pool in Enfield. These are aimed at developing swimmers whose times are not yet fast enough to enter the County Championships or Age Groups.

The **Middlesex Age Groups, Short Course Championships and Long Course Championships** are the top-level County galas, and are held at either Southbury Pool in Enfield or Gurnell Pool in Ealing. London Region galas are held at Crystal Palace.

London Youth Games

The London Youth Games and Mini Youth Games are held in July at Crystal Palace. Children who live in Haringey or attend a Haringey school are eligible to apply to be in the borough's team. The team is organised through Haringey Council.

IMPORTANT MESSAGE FOR SWIMMERS

If you are selected to swim in a gala but you are unable to attend, please inform the Team Manager as soon as possible, so that s/he has time to find another swimmer to replace you. If you fail to let the Team Manager know and don't show up at the gala you will be letting down your whole team!