

FLIXTON SWIM TEAM
PRESENTS

FUTURE STARS

MINI GALA



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A fun local gala for young swimmers to get to race in
teams, experience competitive swimming
& find out more about Flixton Swim Team.

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For swimmers in Years 4-6 and at least SwimWell Stage 6

SAT 29 MARCH



Warm up 4.30pm



@ Move Urmston

Contact: FSTcompetitions@hotmail.com



FLIXTON SWIM TEAM

Presents the

‘FUTURE STARS’ MINI GALA



Saturday 29th March 2025

5.00pm – 7.30pm

(Arrive by 4.15pm, Warm Up at 4.30pm)

This fun gala is an opportunity for young swimmers to get to race in teams, experience competitive swimming & find out more about Flixton Swim Team.

This gala is for swimmers in Years 4-6 at Primary School and at least Swim-Well Stage 6 of swimming lessons

This Information Pack includes:

- **Entry Information**
- **Programme of Events**
- **Stroke Guidance**

Entry Information:

The following conditions shall apply for entry to the Gala.

- Gala to take place on Saturday 29th March 2025 between 5.00 – 7.30pm
- Please arrive by 4.15pm as warm up will start at 4.30pm
- Gala to be swum under SE Laws and SE Technical Rules in the 25m pool at Move Urmston
- Entry fee is £10.00 per swimmer and includes entry into all events & a medal for all swimmers
- Spectator tickets for £3.00 each can be paid for on the door by card payment only.
- Swimmers will be placed into teams, of mixed age groups and gender as fairly as possible based on entry information provided to the organisers.
- The teams will race against each other and score points for their team.

In line with the Swim England's Child Protection Policy (called Wavepower), we need to ask each parent for their permission to take photographs of their children for publicity purposes. This includes both presentation and action photographs. Consequently, the entry form below includes a relevant box to be ticked by each parent for their approval.

In addition, each swimmer must attend the presentation ceremony in a t-shirt & shorts/joggers or other suitable clothing.

Only Club Official's and club volunteers will be allowed poolside.

Parents/Guardians are welcome into the changing rooms with their swimmer should they wish to but must return to the spectator area.

All adult club officials on poolside hold the necessary DBS accreditation from Swim England and appropriate Safeguarding qualifications to ensure the safety of all swimmers on poolside. No other parents will be allowed poolside.

Mobile Phone Use: Swim England's Safeguarding Policy prohibits all use of a mobile phone or device in a changing area during Swim England activities.

No mobile phone or similar device is to be used in the changing rooms at Move Urmston.

This includes any use of the device (Including but not limited to; the making & receiving of calls, text messages, internet browsing and photographs)

Flixton Swim Team reserve the right to amend the programme if necessary and limit the number of entries in the event of being oversubscribed to maintain safety during the gala.

Points will be awarded for the overall Future Stars Team Winner from the individual events from first down to 4th place (4pts, 3pts, 2pts, 1pt)

To Enter this Gala please click the link below:

[Flixton's Future Stars Mini Gala Entry Form](#)

Entry forms should be submitted along with payment of entry fees by 12 noon on **15th March 2025**

For any queries, please email: fstcompetitions@hotmail.com

Payments for Entries:

To be made via Go Cardless (The Official Payments Provider of Swim England) using the link or QR code below.

<https://pay.gocardless.com/BRT0003Q0D2QGB2>



Flixton Future Stars
Mini Gala

£10.00

One-off payment

Powered by **GoCardless**



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Swimming Gala Tips & What to Bring.

First galas such as this one are very relaxed, and the aim is to introduce swimmers & parents to competitive swimming. Here are some useful pieces of information for parents to help their swimmer get the best performance they can in their races.

Food & Drink

Poolside can be a hot environment, and swimmers need to be well hydrated.

A bottle of water or cordial is recommended (no fizzy drinks).

A snack for when they have finished swimming.

Equipment: Please remember to bring the following to the gala for your swimmer.

1. Pair of goggles
2. Swimming cap
3. Swim wear – either a one-piece swimming costume or trunks that must be able to be tied. (no board shorts or bikinis)
4. 2 towels (one to dry off between races & one getting changed at the end of the gala)
5. A t-shirt and shorts/joggers to wear after the warm-up & between each swim, to ensure muscles are kept warm. (These clothes are very likely to get wet, so having another t-shirt/ joggers to go home in which are dry is important)

Referee & Gala Officials: You will spot these as they will be wearing white t-shirts at the gala. They are volunteers in the club who have completed training on the rules of competitive swimming, or they are experienced older swimmers in the club. Other adult club helpers may be wearing Flixton Swim Team T-shirts.

The Referee will use several short whistles and then a longer whistle to signal the start of each race. There will be a demonstration of the whistles/starter before the first race. It is important for spectators and those not swimming in that race are quiet until the race starts – but once the race starts, you can cheer your swimmer & friends on as loud as you wish!

Backstroke: Swimmers will start this race in the water and should be on back throughout the race especially at end.

Breaststroke: Swimmers should touch the wall at the turn and at the finish with both hands together simultaneously at the same time.

Starts: Do not worry if your swimmer has never dived in from a starting block – we will help and support swimmers who wish to use the block but will also help them start in the water or dive from the side of the pool if this makes them feel more comfortable.

Turns: If you know how to do a tumble turn, then you are more than welcome to do a turn like this in the gala, but it is not essential. As long as you touch the wall (with 2 hands if breaststroke) you can simply push off the wall to do your next length if you would prefer.



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Programme of Events

Event		Distance (Lengths)	Stroke
1	Boys	50m (2)	Freestyle (Front crawl)
2	Girls	50m (2)	Freestyle (Front crawl)
3	Boys	25m (1)	Breaststroke
4	Girls	25m (1)	Breaststroke
5	Boys	25m (1)	Backstroke
6	Girls	25m (1)	Backstroke

Swimmers from Flixton Swim Team will then demonstrate some additional races so you can all see what can be achieved in competitive swimming & to see other types of races that can be raced in a swimming gala.

Demo Event	Race	Info
7	Flixton Group 1 Swimmers	100m (4 lengths) Individual Medley
		This race involves 4 lengths, with 1 in each of the 4 strokes. There is a set order of Butterfly, Backstroke, Breaststroke and then finishing on Freestyle
8	Flixton Group 2-4 Swimmers	4 x 25m (1 length) Team Medley Relay
		This relay race includes 4 swimmers, all racing 1 length each. The set order for a team medley relay is different to the individual medley and is - Backstroke, Breaststroke, Butterfly & then finishing on Freestyle.

Presentation of medals will take place after all the races have finished & the winning team will be announced.