# ADVICE FOR SWIMMERS

## What do I need to bring?

- Swim suit x2
- Swim hat x2 (bring a spare one in case it rips
- Goggles x2 (in case one rips, try it out in training before the gala!)
- Shorts and T-shirt to wear between races, can leave on when you go to line up for your event
- Water bottle already filled with swimmers name on it
- Towels x2
- Flip flops, crocs or runners, recommend footwear with strap around foot
- Plastic bag for wet swimwear and clothes
- As part of the Swim Ireland Tech Suit Policy, swimmers at this competition aged 12yrs or younger are not permitted to wear racing tech suits.

## What should I eat?

Athletes are encouraged to eat healthy at all times. Don't experiment with new food in the days leading up to a competition or on the day itself

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## The day before

Eat as normal, ensuring you drink plenty of water throughout the day.

## Morning of the competition

Have a good breakfast before you leave home; porridge, Weetabix or another wholesome cereal, along with juice or a smoothie. If you are travelling a distance, be sure to have some fruit/yogurt for the journey.

## At the competition

Swimming pools tend to be quite warm so it is important to remain hydrated throughout the day to avoid becoming tired or unwell.

Water - bring your water bottle everywhere; sip small amounts at regular intervals. If you don't like water add a cordial or squash to give it some taste.

Food - eat small amounts throughout the day but not too close to your race!

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## Is there anything else I need to know?

*Yes, there are a couple of important things you need to remember:*

1. You will be using a staircase to access the changing rooms and to line up for your event. These can become wet and slippery at times. Be sure to dry off before using the stairs and always wear footwear, hold on to rails and walk.
2. Bring a small towel to line up with you to dry off after your race and before you use the staircase.
3. If you have any valuable personal belongings such as a phone, tablet or money please leave them with a responsible adult or if possible at home.
4. Ensure you report to the line-up area in time for your event, listen carefully for announcements and watch the other events.
5. Cheer on the other swimmer, they might be nervous too!
6. Have fun and be proud, it is a great achievement to represent your school at this national event.

# ADVICE FOR PARENTS/GUARDIANS

You play an important role leading up to and on the day of any event your child is taking part in. To ensure you have the information you need to have an enjoyable experience we have put together a few tips:

1. Up to date information - check our website and Facebook page in the lead up to the competition for updates and changes.
2. Travelling to the venue - allow some extra time to ensure you arrive approx. 15 mins prior to warm up.
3. Food and drink - cooler bags are great for keeping your food cold throughout the day. Bring plenty of water, leave some in your car or freeze a bottle in advance to keep it cool. Don't forget to pack enough for yourself and other family members. There is a café on site, which will be open throughout the day.
4. Accessing changing rooms and line up area - volunteers will be on hand to direct you to changing areas. Only swimmers and volunteers are allowed access to poolside at all times so ensure your child knows where you will be sitting when they have finished their warm up or event.
5. Supporting the swimmers - Competition is an important and exciting event for swimmers to take part in. Be sure to cheer for all swimmers and provide encouragement to your own child.
6. Need any help? - Volunteers will be on hand during the event if you need assistance. There will also be an information desk and shop underneath the scoreboard as you enter the spectators' area. If your child has special requirements (i.e. hearing or sigh impairment) please contact a volunteer at the poolside door during warm up.

# VENUE

## Getting to the venue

The Sport Ireland National Aquatic Centre (NAC) is based in Blanchardstown, Dublin 15. If you are travelling to the venue in the afternoon please allow extra time for road closures and traffic around Blanchardstown Shopping Centre.

## Parking

There is free parking available at the NAC, please follow directions from staff and only park in designated areas. Owners of vehicles will be asked to move if they are causing an obstruction.

## Changing Rooms

Changing rooms are provided for swimmers on the ground floor and can be accessed from the spectator's area. These will be well signposted on the day of the competition.

## Accessibility

There is a lift in the main reception and areas reserved for spectators and swimmers who use a wheelchair or require assistance. There are also accessible toilets on both sides of the spectator areas.

# VENUE

## Swim Ireland Shop

The Swim Ireland Shop will be open from 8.30am-4.30pm during Irish Minor Schools. The shop is located in the spectators area, underneath the scoreboard. When ascending the stairs from NAC reception keep to the right staircase and follow directions.

The shop will include event merchandise along with other Swim Ireland clothing and accessories. Please note that there is limited event merchandise available following the advance online sales.

Online order collections will be available from 8.30am-10.30am and 2.00pm-4pm from the end of the corridor in the spectators area. When ascending the stairs from NAC reception keep to the left staircase and follow directions.

When collecting online orders please be prepared with your order number and name on order. Please check your order before leaving the collection area.

# VENUE

## Café

Mount Charles café serves a range of hot & cold food and drinks. They will be open from 9am-5pm on the day of the competition.

## Photography

The NAC operates a strict photography policy in line with Swim Ireland's Photography and Filming Policy. To register you will need to go to the main NAC reception and present photographic ID. You will be provided with a wristband which must be visible. Please do not take photos of other children; no child should be photographed unless fully clothed, in a t-shirt and bottoms.

SDS Photo will be there on the day in the lobby area of the NAC, where you can order photos of your child.