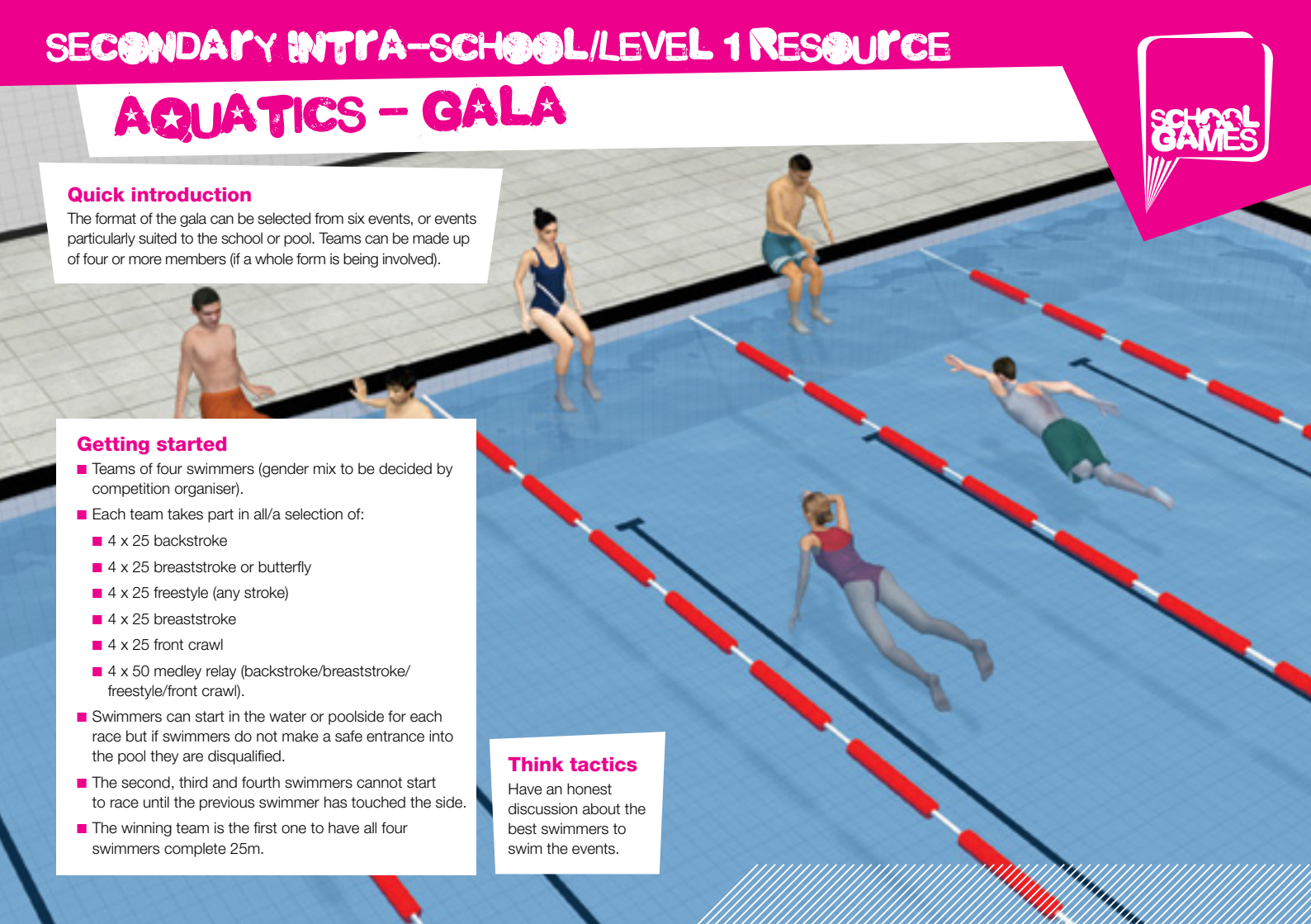# AQUATICS – GALA

SCHOOL GAMES

Quick introduction

The format of the gala can be selected from six events, or events particularly suited to the school or pool. Teams can be made up of four or more members (if a whole form is being involved).

Getting started

- Teams of four swimmers (gender mix to be decided by competition organiser).
- Each team takes part in all/a selection of:
  - 4 x 25 backstroke
  - 4 x 25 breaststroke or butterfly
  - 4 x 25 freestyle (any stroke)
  - 4 x 25 breaststroke
  - 4 x 25 front crawl
  - 4 x 50 medley relay (backstroke/breaststroke/ freestyle/front crawl).
- Swimmers can start in the water or poolside for each race but if swimmers do not make a safe entrance into the pool they are disqualified.
- The second, third and fourth swimmers cannot start to race until the previous swimmer has touched the side.
- The winning team is the first one to have all four swimmers complete 25m.

Think tactics

Have an honest discussion about the best swimmers to swim the events.

AQUATICS – GALA

Organising the game

- Consider the length of time for the gala and choose races that will keep as many of the young people in the pool for as much time as possible.
- Use older/more experienced swimmers to demonstrate the strokes before the start of the gala.
- Ensure all swimmers know what event they are doing.
- All activities should be challenging but achievable and above all, FUN.

Think inclusively

- Consider running a paralympic gala for some pupils, with swimmers setting their own challenges.
- Have Paralympic values awards for some swimmers based on:
  - determination
  - courage
  - inspiration.

Officiating

- Give everyone not swimming some kind of role in the gala. For example:
  - scoring
  - lane judging.

- provide ASA Timekeeper training and/or the Young Aquatic Organiser Award to involve at least five young leaders.

Keep it enjoyable

- Ask the young people what strokes they want to try.
- Appoint team captains and officials.
- Celebrate the achievements of the young people and provide a clear scoring structure that awards additional points for fair play/sportsmanship/team work.
- Think of non-traditional ways of creating pool space such as flags, hoops etc.
- Create a welcoming environment with music, banners and cheering led by the young people.

Make it easier

- Shorten some of the distances.
- Allow some legs to be swum by two swimmers.
- Some swimmers could be allowed to swim freestyle at any time.
- Include some challenges for the non-confident swimmers.
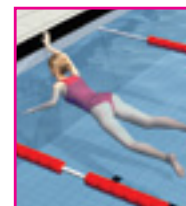
Spirit of the Games:
Excellence through Competition

How can you support all the members of the team?

Be sure to make a safe entry.

Support your team-mates.

Touch the side before a changeover.

AQUATICS – POLO

SCHOOL GAMES

Quick introduction

This is a game of polo played across the pool with small goals. Squads can have up to seven players and games could be shorter than 10 minutes to enable more to be played.

Getting started

- Minimum of five and up to seven players per team in the water at any one time.
- No specific goalkeeper; any player can defend goal.
- Substitution is made by players swimming to the corner where their team is and climbing out onto the pool side.
- Players must exit the water before another is allowed to enter.
- After a goal is scored, ball starts with the defending goalkeeper.
- Maximum of 10 minutes.
- Points scored per goal scored.

Think tactics

Talk about the best places to score from and then try to pass to players in that area.

No contact.

Any player can defend goal.

Exit the pool before making a substitution.

AQUATICS – POLO

Organising the game

- Pool depth, space and goal size can vary depending on strength of swimmers (e.g. use half a length or pool width for weaker/younger swimmers).
- Goals can be made with markers, but need to be seen clearly.
- Short games can be run in a league competition.
- Ideally use current swimming teaching staff to run mini-polo!
- Use older/more experienced swimmers to demonstrate the activities and remind swimmers about how to play.

Think inclusively

- Include non-swimmers at the shallow end.
- Give some players:
  - a specific role in the game
  - a zone that is theirs alone.

Officiating

- Referee to signal foul with whistle and hand signal in the direction that play will continue.
- Provide ASA Young Aquatic Organiser Award to involve at least five young leaders.

Keep it enjoyable

- Create a friendly environment by using different coloured hats, wrist bands etc. to allocate teams.
- Celebrate the achievements of the young people and provide a clear scoring structure that awards additional points for fair play/sportsmanship/team work.
- Think of non-traditional ways of creating pool space such as flags, hoops etc.
- Use plastic bottles full of water as the targets.
- First team to empty the bottles is the winner.

Make it easier

- Make the goals bigger, use smaller ball.
- Shorten the length of the pitch.

Spirit of the Games:
Excellence through Competition

Develop a fair play code to ensure all players feel safe in the water.

No contact.

Any player can defend goal.

Exit the pool before making a substitution.