

Practice Expectations

What to Bring to Practice

- Weather appropriate clothing worn over swim suit
- Swim suit - wear to practice, don't change once at the pool
- Towel
- Mesh Bag designed to get wet(it will get wet!) containing:
 - Swim Cap
 - Goggles
 - Water Bottle
 - Kickboard
 - Fins
 - Pull buoy (if applicable)
 - Hand paddles (if applicable)
 - Snorkel (if applicable)

Swimmer Practice Expectations

- Be focused. You are at practice to get better / faster / stronger. All dryland workouts should be taken seriously; no goofing around.
- During practice hours, no phones will be used. This includes dryland and dynamics.
- Show up 10-15 minutes before practice starts.
- Wear your swim suit to practice
- No sharing water bottles.
- Use of audio or visual recording devices, including cell phone cameras, are not allowed in changing areas, rest rooms or locker rooms. **NO EXCEPTIONS!!!!**
- Make sure you "fill your tank" before practice (20-30 minutes before dynamics). Snacks are ok during practice only after challenging sets or cool down and will be left to coaches' discretion. Please make sure you clean up after yourself if you do eat.

Parent Practice Expectations

1. Gators offers open practices meaning parents are welcome to sit in the stands and watch practice.
2. All communication with coaches should be done **before or after practice, but not during**. Please be mindful that just because it's before or after your child's practice does not mean they are not coaching another group. Please be respectful of their time constraints.
3. **Remain off deck** when any practices are occurring.
4. **NO PARENTS IN THE LOCKER ROOMS!** If your child cannot handle being in the locker room alone, please have them utilize the bathroom outside the pool area where you can provide assistance.
5. Please bring your swimmer to practice 10-15 minutes before practice time. Arriving late without coach's approval may result in your child not being able to practice that day.