



Together Perpetuating Excellence

www.stingraysswimming.com

STINGRAY PRACTICES FAQ's

- 1. How many practices should we attend per week?**
Each group has a recommended minimum in order to maintain baseline fitness levels and skill retention. However, you may certainly attend all the practice offered in a week. (This may not apply to some Rookie Groups as they have practice maximums. Please see the schedule.) Also, ask your coach. The minimums are just that: minimums. In general, the more practices one attends, the faster one progresses.
- 2. If we come to less than the recommended minimum, could we get a fee discount?**
In short: no. However, please speak with your coaches about prolonged absences and unforeseen circumstances that can dramatically affect your swimmer's practice attendance.
- 3. If we miss a practice or cannot make one of our Group's practices, could we just come in with another Practice Group or go to another location?**
Please check with your coach. There are times when it is just fine to do that and there are other times when it cannot be done.
- 4. What is DRYLAND?**
Dryland is the strength, coordination and flexibility conditioning that is done outside of the pool. Each Practice Group will have a daily dryland schedule either before or after their practice. The swimmers are required to have proper athletic clothing and shoes for their dryland portion of practice. (Rookie Red and White do not have dryland training as part of their regimen.) Please see the Schedule for details.
- 5. What time is my practice?**
Your Practice Group's days, times and duration are on the Schedule. (Please print and post somewhere highly visible.) Note: Please come to practice 10-15 minutes early each day in order to stretch, read the bulletin board, etc. The times on the Schedule are when the practice begins, not when the swimmers arrive.



Together Perpetuating Excellence

www.stingraysswimming.com

6. What is your disciplinary policy?

Practices are a place where all Stingrays can enhance their skills and develop strong team bonds with each other and their coach. We do not want to have anything interfering with that process. So, we have a basic "3 Strikes" approach to discipline. "Strike One" is a reprimand that the behavior is to cease. "Strike Two" is a warning that if it continues, the swimmer will be sent home. "Strike Three" is the follow-through of "Strike Two" where the swimmer is asked to leave. In general, the parents are either called or spoken with at that practice. Repeated practice expulsions will be addressed with the parents. Humiliation and ridicule are not part of this format. Respect is a Stingray Core Value that is not only expected from the athletes but from the coaches as well.

7. What do they need at practice?

Please see the Equipment List. In addition to the Equipment List, please bring a water bottle, possibly extra goggles and/or swim caps. Make sure all your equipment has your name or initials on them.

8. What do we do if we need to leave early?

Prior to practice beginning, come in and let your coach know that you will have to leave early so that we can allow you to leave with minimal disruption of practice. It is the swimmer's responsibility to let the coach know in advance.

9. Are parents allowed on the pool deck during practice times?

We do not recommend that the parents stay for the duration of practice. We recognize that there may not be many other places to be during practice, but it is best, over time, for the swimmers to develop their relationships with their teammates and their coaches without parents present. If your child wants you to be there, please let the coach know.

10. What if we are late to practice?

All swimmers who are late, for any reason, should speak to the coach right when they arrive in order to explain why they are late. Since we expect our swimmers to be on time, they must tell us why they were late before getting in the pool. If you have a situation that regularly requires being late, please let your coach know.