

# What to Bring to Practice

1. Please wear your swimsuit and sunscreen to the pool!
2. Goggles
3. Cap
4. Fins
5. Snorkel- (11& over)
6. Towel
7. Tennis shoes for dry land practice.
8. Sun shirt- recommended!
9. Swim Bag
10. Water Bottle
11. Big Smile!

## Notes:

**Sunscreen** is most effective when applied 30 minutes before entering the water. Please apply sunscreen at home so swimmers are able to start practice when they arrive.

**Locker rooms** are available for showering in the fitness center only. You may enter from the west door adjacent to the pavilion. Please only enter the restaurant restrooms from the outside west door. Shirts and shoes are required in the restaurant area. Please plan to arrive dressed to swim and bring clothes that can be put on over swimwear to leave.

**No Parking in the Driveway!** Not even for a minute, if you have to get out of your car Please - please park in the lot!

Enter the driveway from south and exit the north end. Please help us establish a cooperative relationship with the golf members and help create a safe environment.

**The water station** is primarily for golfers. We are welcome to use the fresh ice and water. However several kids have abused this area by tearing up cups and leaving trash. Please be sure to monitor your children and bring water bottles for them to refill.

**Lost and Found** for swim team will be kept in the deck box, when possible. Our restaurant manager, Alan, also has a lost and found in his office. Remember to label your children's equipment and belongings when possible.

**Children are not allowed to play on the greens.** Golfers like to warm up just east of the pool and the club has asked that we keep our swimmers out of that area to establish a buffer zone for the golfers. We are welcome to use the grassy area to the west and to the north of the pool, but not on the greens. Be sure to keep an eye on little ones near the road.

Our goal is for the club to be profitable creating a long lasting relationship with our team. We are also bound by the rules of the SAAA. There may not be any alcohol consumed on deck during practice or events. Feel free to enjoy the restaurant deck area. Remember to pick up the pool deck by throwing away your trash and pushing in your chairs so that our coaches do not have to clean up after a long practice.

**Your support is appreciated!**