

Practice Rules and Guidelines

Swimmers are to arrive at the pool at least 15 minutes prior to the workout time. Notify the coach in advance if your child will be late.

Swimmers wearing caps will only be allowed to swim in a GCST swim cap. Other caps will not be permitted.

Parents are not to interfere with coaches unless invited by the coach to come onto the deck.

Parents are not to interfere with their children or distract them during practice.

Coaches will determine which groups swimmers should be placed into, and when they can advance.

[**Bronze Team Criteria**](#)

[**Silver / Gold Team Criteria**](#)

[**Junior Team Criteria**](#)

FGCU Workout Policies

GCST swimmers are NOT allowed to use any FGCU equipment at anytime.

You

must bring your own equipment.

GCST swimmers are NOT allowed to leave swim bags and or back packs in the

locker rooms during workout at anytime.

Plastic coolers are the only acceptable container allowed during workouts at the

aquatic center.

No vending machine or plastic non-insulated original drink bottles allowed.

Workout Schedules

The GCST workout schedules are posted under the "About GCST" tab, and then [**Practice Schedule**](#) on the top menu bar.

Practice Cancelations

Make arrangements for your child to be picked up in case practice is canceled due to severe weather.

If there is lightning in the immediate area, practice may be canceled. If conditions clear, practice will continue. Check The GCST website if severe weather is threatening.

We will also send e-mail notifications, and **text alerts** by [**GCST Communications**](#).

You must set up your phone to receive these alerts through the GCST website under "My Account".

GCST coaches follow guidelines of FGCU, Lee County Parks and Rec, and City of Bonita Springs Recreation.

You are responsible for your child to be picked up once practice is canceled.

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