

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.
- Swimmers are responsible for bringing their equipment to the pool and picking it up afterwards.
- Check with your child's coach on required training equipment.
- Equipment can be purchased through our Team Store on the GCST website.

FGCU Workout Policies

- Swimmers wearing caps will only be allowed to swim in a GCST swim cap. Other caps will not be permitted.
- 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 or on chairs 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 "Calendar" tab.

Practice Cancellations

- 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 for any practice changes 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" to receive these messages.

Practice Rules and Guidelines

- GCST coaches follow guidelines of FGCU, Lee County Parks and Rec, and City of Bonita Springs Recreation in regards to threatening weather.
- You are responsible for your child to be picked up once practice is canceled.