

LAPS MEMBER INFORMATION:

1) Required Equipment List:

(All swimmers are expected to have for each practice)

- All-Rubber Swim Fins (not scuba fins)*
- Kick Board
- Swim Suit (Any racing suit is fine for practice – Stingrays or Black/Navy Speedo suit for swim meets)
- Goggles
- Swim Cap (required for anyone with hair past their eyebrows at practice – Team cap required at swim meets)
- Dryland Clothes AND Sneakers (weather appropriate clothes please)

You can now purchase these items online from our Team Provider: Swim and Tri. The online store can be found on the “RAYS GEAR” tab on the team website.

Please refer all questions regarding specific products from their store to their wonderful staff at this phone number:

1-877-SWIM-TRI
(1-877-794-6874)

2) Parents during Practice Time:

- You are welcome to **Drop Off / Pick Up** your swimmer from the pool for their practice; however, please do not do so more than 10 minutes before or after their practice time. This is for the safety of all the swimmers, as coaches cannot be supervising them outside of the practice itself.
- You are also welcome to stay at the pool during the practice. But, we respectfully ask you to **sit in the bleachers** for the duration of the practice and refrain from speaking with swimmers or coaches during the practice to help decrease distractions. Thank you!
- **Keep in mind:** Swimmers will have a 5 – 10 minute period between drylands and swim time. If you feel your swimmer will require assistance during the changing process at this time, please be at the pool to help them at that time.

3) Stingrays Core Values and Golden Rules:

Stingrays Team Motto is: **“Training For Life”**. The coaching staff takes this very seriously, and we pride ourselves in the high caliber people our RAYS swimmers are both in and out of the water as athletes in the pool and in life.

With this goal in mind, all Stingrays swimmers, from youngest to oldest, will be taught the below Core Values and Golden Rules:

5 Core Values:

- Respect
- Discipline
- Honesty
- Loyalty
- Dedication

3 Golden Rules:

- Safety Rule = All swimmers must ASK a coach before leaving the group during practice (for example: if you need to go to the restroom or leave early).
- Eyeball Rule = All eyes on the coach when they are speaking.
- Respect Rule = No one else is speaking when someone else has the floor.

4) Discipline Policy:

In order to insure a safe and fun environment for all our swimmers, we have a 3-strike discipline policy that coaches explain to the swimmers.

This involves:

1st strike = warning for disruptive, dangerous, or disrespectful behavior.

2nd strike = a 2nd and final warning to cease the behavior.

3rd strike = results in the swimmer sitting out for 5 minutes and/or a parent meeting being called.

Some extreme behaviors will result in sitting out or removal from practice immediately if deemed necessary by the lead coach for the safety of the swimmers. Safety is always our