

As we head deeper into the wetter seasons, many SUNN families wonder; what do we do when it rains? Please use the following FAQs to help guide you through the rest of the California “rainy” season:

Does my athlete still have practice?

Generally, yes! The swimmers are already wet. It’s the coaches that have it roughest when it rains.

That said, in the event that coaches cannot see the bottom of the pool clearly, or there are other safety concerns, the team will notify families that practice is cancelled.

What about thunder and lightning?

Thunder and lightning will cause practice cancellations when there are sustained thunderstorms. Luckily, here in California those spectacular light shows are rare.

For isolated thunder and lighting, coaches will clear the pool and deck of all athletes. There must be 30 minutes with no thunder and lightning before anyone can reenter the pool. In these circumstances, repeated flashes or rumbles may be cause for practice cancellations.

How will we know if practices are cancelled?

The team will notify the team in advance if possible (i.e.: thunderstorms that have been going on all day) or will be making phone calls during practice if it is cancelled for safety concerns in the middle of workout. Either way, checking your email for updates and keeping your phone on you is the best way to stay in the loop.

How does my athlete keep their clothes dry during wet weather?

The best method is to bring a large trash bag (or dry cleaning bag) to place their belongings in at the start of practice. A full trash bag placed on top of its own twisted knot will keep things dry and warm for the end of practice. If you’re not sure if it will rain, stash a new bag in your gear bag anyways!

Should my athlete come dressed differently during cold weather?

Absolutely. Preparing for cold weather prior to or after practice can make a big difference in our athletes' experience within the sport. Closed toe shoes (or boots) as well as warm outerwear, such as their SUNN team parka are a must for the colder months. An extra towel in the bag is never a bad idea either.

If you have any other questions, please feel free to email your coaches or speak to them directly on deck.

Bring on the wet weather and GO SUNN!