

STINGRAY PARENT INFORMATION:

1. Each child needs their own pair of goggles, possible back up pair, purple or black swimsuit and Riverlands cap that can be purchased through Linette.
2. Sponsorships are available. If you know a business or even if families would like to sponsor the team forms are attached. Any questions about sponsorships please ask Danielle Romaguera or Jodi Laiche.
3. If your child needs to learn more about the strokes Lindsey has names of people who can give stroke lessons. This is always a great idea when just starting out.
4. Our website is rgccstingrays.com. Lots of good information can be found there such as sign up genius link, swim meet schedule, etc.
5. To register for text alerts text the **stingrays** to 84483 to get alerts for the swim team and **RGCC** to 84483 to get alerts for the pool and the club.

MEETS:

6. Please arrive early for meets. We do warmup as a team. You also may want to bring your own chairs and extra towels.
7. The day of the meet the heat sheets will either be posted on facebook or emailed out. Please make sure to print yourself a copy.
8. Once you get to the meet please make sure to check the posted heat sheets as changes can sometimes be made.
9. All families are required to work two meets. Job sign up for meets is through signup genius. If you do not have the link there is a link on our website.
10. When you come to work your meet you must sign in by the snack shack or at away meets see Danielle.
11. It is your responsibility to get your child to the lineup before they swim. For 8 and unders we have moms who help line the kids up in order but they can not spend their time looking for kids.
12. Before leaving a meet please make sure to check with the coaches to make sure you are not needed for relays. ALL ages are used for relays.

13. Before leaving the swim meet please pick up all of your trash around your arrear.

INVITATIONAL:

14. All families are required to help fill the work shifts for the invitational. Once the schedule is released it will be posted to sign up genius and everyone will be notified.

15. Bring fans and things to entertain your kids as sometimes it can be a long and hot weekend.

16. Once your child swims the prelims the results will be posted. The top 18 kids come back to swim on Sunday. Even if your child is not in finals they may still be needed for relays so please do not skip Sunday unless you have checked with the coaches.

17. Invitational is such a fun weekend for the families and the kids. If you can make it we would like all to swim.

18. Talk to other families about setting up tents and sharing tents. There will be a team tent but since we are such a large team sometimes it can get crowded.