

JACKSON HOLE STINGRAYS WORKOUT WRITING POLICY

During Jackson Hole Stingrays regular season, defined as Fall, Winter, Spring, and Summer sessions, coaches will not provide workouts to swimmers outside of normal practice. If a swimmer opts out of one of the sessions and/or misses practices at other periods of time, they will not be provided with workouts from Jackson Hole Stingrays coaches.

The only exception is:

Coaches may offer, at their discretion, optional workouts to be completed over school breaks, as defined as Thanksgiving, Winter, and Spring breaks. These workouts will be made available to all swimmers in the particular level and will not be customized for individual swimmers.

A swimmer may request workouts be provided for the period after the Jackson Hole Stingrays regular season ends post Summer State Championship meet—for the weeks between Summer State and the start of the Jackson Hole Stingrays Fall session. Any workout provided will be made available to all swimmers in the particular level and will not be customized for individual swimmers.

Any request for workouts should be made through the Jackson Hole Stingrays Board who will reach out to the coaches.

The intention of this policy is to ensure that all swimmers are given equal access to workouts.

For questions, please contact jhstingrayboard@gmail.com

JH Stingrays Board