

CA STINGRAYS

FALL 2026 PARENT MEETING AGENDA

Season focus: swimmer development, accountability, and competition readiness

We are excited to begin the Fall season and review the team's training direction, practice expectations, meet schedule, and equipment needs.

1. Welcome & Fall Season Overview

Introductions, goals for the season, and what families can expect from the coaching staff and team.

2. Summer Training Recap

Review of our summer focus: faster intervals, increased yardage, higher-intensity dryland, competition-pace swimming, turns, underwaters, breakouts, and dives.

3. Fall Training Plan & Swimmer Assessments

How we will assess swimmers who need to rebuild endurance versus those ready to continue progressing with faster intervals and race-pace work. September and October practices and meets will help guide individual training priorities.

4. Practice Schedule, Attendance & Accountability

Review of Fall practice schedules and expectations for arriving on time, consistent attendance, being prepared, listening to coaches, and working with purpose at every practice.

5. Fall Swim Meet Schedule

Review of the team's meet schedule, meet participation expectations, registration and arrival procedures, and how race results will be used to guide future training.

6. Team Equipment & Apparel

Swim caps, team swimsuits, goggles, water bottles, and required training equipment. We will also review ordering needs and expectations for arriving fully prepared.

7. Parent-Coach Communication & Q&A

Best ways to communicate with the coaching staff, report absences, receive schedule updates, and ask swimmer-specific questions. Open Q&A to close the meeting.

Fall Active Practice Dates: September 8 - December 23, 2026

CA Stingrays Swim Team | Fall 2026