

Gaston Gators Coaches Communication Policy

At Gaston Gators, we value open and respectful communication between swimmers, parents, and coaches. To help ensure that communication is effective, efficient, and considerate of everyone's time, we kindly ask that the following guidelines be observed:

Weather-Related Updates

Please refrain from directly contacting coaches regarding weather. The coaching staff will send timely notifications to the entire team about any cancellations, delays, or schedule changes related to practices, meets, or events.

Facility Maintenance

If there are pool maintenance or mechanical issues that impact schedules, coaches will communicate updates promptly to the entire team.

Meet Information

For meet schedules, locations, and details, please check the team website (www.gastongators.com) or recent email communications. If the information you need is not available there, coaches are happy to respond to your questions.

Swimmer & Parent Concerns

If you have concerns about your swimmer's progress or experience, please reach out by email or speak with a coach briefly on deck to **schedule** a dedicated time to talk (either in person or by phone). This ensures that coaches can give their full attention to your concerns at a dedicated time.

- During practice, coaches' primary responsibility is to lead the session and support swimmers in the water. For that reason, they may not be able to fully engage in conversations at that time. Coaches are glad to connect **before** or **after** practice (time permitting) or will ask that you schedule a time to talk.
- To respect personal time, we ask that coaches be contacted by phone or text **ONLY** between the hours of **8:00AM and 8:00PM**, unless it is an urgent emergency. Email is always welcome at any time and will be responded to as soon as possible.

-Preferred Office Hours and Contact Info Follows-

Office Hours & Contact Information

Coach Trey:

- gatorsmasters@gmail.com
- 704-860-3731
- Phone Mon-Fri 9:30-11:30am & 1:30-3:30pm
- Text anytime between 8am-8pm,
- Email anytime

Coach Greg:

- ggs swimcoach@gmail.com
- 704-678-1562
- Phone Mon-Fri 7:30-9am & 3:30-5:00pm
- Text 8am-5pm, and 7-9pm
- Email anytime

Coach Barbara:

- Barbara1031@gmail.com
- 704-860-5035
- Text 10am-8pm (Preferred Method)
- Email anytime

Coach Caro:

- carolamarque16@gmail.com
- 563-370-8583
- Text 8am-5pm (Preferred Method)
- Email anytime

We thank you for your understanding, trust, and support! We are excited for another successful season together as the Gaston Gators family!

-The Gaston Gators Coaching Staff-



A 60+ Year Swimming Tradition!