



### **STING RINK SET UP**

1. Open Lock Box (You did this - or you would not be reading this)
2. Take key and unlock rink and turn on rink lights (lights can be found in an electrical box on the side of the storage shed just to the right of the lock box)
3. Take the key and unlock the rink. Slide hockey nets off.
4. Unlock the cages and place them on rink. You can use the creases too if you want. Make sure to leave the string to tie up the creases in the lock box.
5. **MAKE SURE TO RETURN THE KEY TO THE RINK BACK IN THE LOCK BOX - PLEASE DON'T LOSE THE KEY**
6. Take the balls to the rink.
7. If you need/use Hectors - take them out
8. Decide on your practice plan - use the practice plan book.
9. If you need ice packs, first aid kit - they are in the lock box

### **STING RINK TAKE DOWN**

1. Return the box cages beside to the lock box - and lock them securely. Lock the lock and rotate the combination!
2. Do a ball hunt inside and outside of the rink
3. Return the balls to the lock box
4. Return the playbook to the lock box
5. Return the creases to the lock box - tie them up with the string/clips that are provided
6. If you used Hectors - return them to the lock box
7. Clean up all the garage in/around the rink
8. Return the hockey nets to the rink
9. Lock the rink - at all locations
10. **MAKE SURE THE KEY TO THE RINK IS BACK IN THE LOCK BOX**
11. Lock the lock box (make sure to rotate the combination)
12. Turn off the lights and lock the electrical box
13. If you had to finish practice early due to weather- email [president@stinglacrosse.org](mailto:president@stinglacrosse.org) and tell me what time you finished. Also call **925-284-2232** and let them know what time you had to finish.