

## East Ridge High School Girls' Swimming & Diving Attendance Policy

Coming to practice and attendance has a direct correlation to success as a swimmer or diver. By committing to the East Ridge Swimming & Diving team, athletes are expected to be at all practices and meets.

Attendance Policies:

**A.** Practice is REQUIRED.

**B.** Athletes are allowed two personal days to use at their own discretion. Athletes are encouraged to avoid taking these personal days as they will count against their attendance for lettering opportunities. However, personal days can be used for things like extra time to complete big school assignments, family events (Grandma's birthday), mental/physical breaks from the pool, etc. Personal days may not be taken once the season ending taper begins. Personal days need to be communicated to the head coach in writing (email) at least 24 hours in advance.

**C.** Excused Absences include (an absence that is scheduled in advance with the coaching staff):

1. **Illness** - Athlete or parent/guardian WILL contact coach as early as possible of all illness related absences. (Note: This is especially imperative on meet days!)
2. **School Related Activities** - ACT, college visits, additional classes, rehearsals, concerts  
\*Student-athletes must provide the coach with a written note listing the dates they will be gone from practice due to a school related event.
3. Pre-Arranged **Family Vacation** - PLEASE try not to schedule these during the season!
4. **Religious Events**

**D.** If a swimmer or diver is not at practice the day before a meet, they will not compete in the meet. An exception is if the absence is caused by a school-related event where attendance is counted as a part of the student's grade (ie. required attendance at a band concert). If an athlete is absent the day before a meet, they may warm-up during the meet, but will not compete. The head coach will use their personal discretion and have final say on individual circumstances.

**E. Unexcused Absence Consequences:**

- 1st unexcused absence - Athlete will have limited events at next scheduled meet
- 2nd unexcused absence - Athlete will not be allowed to compete in next meet
- 3rd unexcused absence - Athlete will have a meeting with coaching staff regarding their future as a member of the East Ridge Girls' Swimming & Diving program

**F.** The head coach has final say on all attendance based issues.

**\*\*A student-athlete MUST be in school at least 50% of the day in order to attend practice or to compete in a meet. The only exception is absence due to a school-related event (ie field trip).**