

Practice Policy

(First practice: November 13th)

Practice Schedule and meet schedule for the entire season is on the blog

<http://nswintertrack.blogspot.com/>

*** All athletes are expected to attend all practices and track meets.***

IF AN ATHLETE IS GOING TO MISS PRACTICE AN EMAIL MUST BE SENT TO COACH HOLST NOTIFYING HIM OF THE FOLLOWING

- 1. NAME OF ATHLETE**
- 2. DATE OF MISSED PRACTICE**
- 3. REASON FOR MISSING**

Missed Practice

There are two designations for a missed practice

1. Excused
2. Unexcused

Excused Absence – An excused absence must fall under one of the following categories:

1. Medical (note from doctor or nurse)
2. College Visit
3. Religious Event

Unexcused Absence – is an absence that Coach Holst has not been notified about and/or the reason for missing is not included in the excused absence list.

Practice Policy

- 2 unexcused absences.....sit out the next meet**
- 3 unexcused absences.....sit out 1 additional meet**
- 4 unexcused absences.....sit out 1 meet(on probation)**
- 5 unexcused absences.....removal from the team**