

## **Practice Policy (Starts March 11th)**

### **PLEASE SEE TRAINING SCHEDULE!!!**

\*All practice dates and time are subject to change

- **All athletes are expected to attend all practices and track meets.**
- If you are going to miss practice for any reason you must (through e-mail) notify Coach Holst/Davis.

If you are early you are on time, if you are on time you are late.

### **Missed Practice**

**\*\*\*If you miss or are going to miss practice(s) you must e-mail one of the coaches or else it will be considered unexcused\*\*\***

There are two designations for a missed practice

1. Excused
2. Unexcused

**Excused** Absence – is an absence that Coach Holst/Davis has been e-mailed about and the reason has been determined to be legitimate.

Excused absences are limited to:

1. Medical (with note from doctor)
2. College Visit
3. Religious Observance

**Unexcused** Absence – is an absence that Coach Holst/Davis has not been e-mailed about and/or the reason for missing practice is **NOT** legitimate.

### **Practice Policy**

- 1 unexcused absence.....no penalty**
- 2 unexcused absences.....sit out the next meet**
- 3 unexcused absences.....sit out 1 additional meet**
- 4 unexcused absences.....sit out 1 meet-probation period**
- 5 unexcused absences.....removal from the team**

**THERE ARE NO EXCEPTIONS**