

Missing Practice

The following is a list of excused and unexcused absences. If for any reason you have to miss practice you must let the coaching staff know BEFORE you miss. If you do not let the coaching staff know before the absence it will be considered unexcused.

Excused

- Meeting with a teacher for extra help. You must have a note when you return to practice
- Parent note for illness (this is subject to coaches approval)
- SAT or ACT tests
- Emergency doctor's appointments

Unexcused

- Detention
- Vacation (except spring break)
- Other non-school activities including sports clubs
- Hair appointments
- No ride
- Work
- Sick (if you were in school all day)
- Non-emergency doctor's appointments (i.e. dentist appointment)

* * * All other absences will be at the approval of the coaching staff * * *

Consequences for unexcused
absences:

1 miss- sit out one meet

2 misses- sit out two meets

3 or more misses- off the team