**Swim Team Attendance Policy**

Welcome to all new and returning swimmers. **Please read this policy carefully.** The following rules will be strictly adhered to and enforced. Please feel free to contact Coach Richard with questions regarding the policy.

**Practice:**

1. Practice Schedule:
   1. Monday thru Friday: 4:00 pm to 5:30 pm.
   2. Tuesday and Thursday 6:00 am to 7:30 am.

**Attendance Policy ~ NEW~**

1. Swimmers who have **lower than 80% attendance will not be permitted to swim in meets**. (Missing more than 1 practice a week.)
2. Swimmers who have **lower than 70% will be dropped from the team. (Missing more than 2 practices a week)**
3. **No Show-No Call:** A no show with no call or email will count as 2 absences.
4. **Excused Absences:**
   1. **Absent from School:** The attendance office will be sending a daily update of the swimmers who were absent from school. **If a swimmer attends school for the day they MUST attend swim practice, if the swimmer cannot swim, they STILL must be present at practice or they will receive an unexcused absence.**
   2. **School Related Activities:** Swimmers must provide the coaches with a note listing the dates they will be gone for a school related activity IN ADVANCE prior to missing practice.
   3. **Unexcused Absences:** If a swimmer is late or tardy to practice, they will receive ½ unexcused absences, this includes being late into the water for the start of practice. Missing practice due to “Grandma’s Birthday” are also unexcused and will count towards the above attendance policy. As student athletes, swimmers are expected to manage their time and avoid procrastination, missing practice because of course work will be unexcused and also counted toward the above attendance policy. Having to miss practice because of a job will count as an unexcused absence.
5. **USA Swimmers:**  Club swimmers are required to attend Rio Americano practice one day a week.  Any practice during the week can be used for the practice.  **USA swimmers will not be allowed to swim in a meet until the practice has been made up.** Failure to maintain 85% attendance with your club team will cause USA swimmers to lose the ability to swim with the club team and they will be required to swim with the high school team. Club swimmers will need to provide documentation on their attendance with their club team.
6. **Water Polo Players:** Water polo players doing collegiate spring water polo will be permitted to miss practice PM on Tuesday and Thursday. Club water polo players are expected to maintain the 80% practice attendance. Water polo players must be at 100% of all other practices.

**Swim Meets:**

1. All swimmers must attend each swimming meet in which they are entered. Swimmers failing to show for a meet that they are entered in will result in disciplinary action from the Rio Americano coaching staff, including possible dismissal from the team. Missing a race at a swim meet will result in the swimmer qualifying to swim the 500 yard freestyle at the next swim meet.
2. Illness or emergency: If a swimmer must miss a meet due to a sudden illness or emergency, a coach should be notified at the earliest possible time by email. Notification can come prior to (preferable) or after the meet on the day of the meet.
3. If a swimmer must miss a meet due to a school activity, family function or non-RAHS swim meet, the swimmer **must sign out of that meet ahead of time** on the team website.
4. To achieve our end of the season goals at League Championships and the Section Championships, all swimmers who qualify are required to attend these meets.

**Miscellaneous**

1. Meet warm-ups will be done as a team. A coach will run the warm-up which will be introduced at practice prior to the meet. USA Swimmers may do additional yardage during warm-up that is in line with their pre-meet warm-up for their club team. Being late to a swim meet may result in the swimmer being scratched from all or part of the meet.
2. Holidays: Practice will be held every day as listed above unless otherwise stated on the calendar or newsletter. Swimmers who will be out of town will be excused with a note from their parent listing the dates to be missed.
3. Students missing for college trips only be excused with a note listing the dates to be missed IN ADVANCE of missing meets or practice.

Acknowledgement:

Swimmer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_