

PRACTICE ATTENDANCE POLICY

1. ATTENDANCE AT PRACTICE IS MANDATORY

- A. We practice Monday through Friday from 4:00pm-5:30pm.
- B. After School we will meet in the old gym lobby to change clothes then walk to the track.
- C. Athletes are expected to report to practice on time daily no later than 4:00 pm for check-in.
- D. Attendance at the practice before a meet is mandatory in order to compete.
- E. Proper practice clothes are required for EVERY PRACTICE. That means: shorts, sports bra, socks, running shoes, & warm-ups. Pack layers in your bag so that you can be prepared for any type of weather. Please use a sharpie to put your name on your items.

2. EXCUSED ABSENCES

- A. If an athlete is going to miss practice she must notify Coach Mack or Walters PRIOR to the absence.
- B. Due to the number of athletes on the team, all athletes must notify Coach Mack or Walters of their upcoming absence through the "Absence Report" on our team website: www.chapelhillfast.com. This report will document the date and time you reported your absence and provide you with a chance to fully explain the absence and provide contact information if needed.

**Acceptable excused absences include: dental/doctor appointment, school work that cannot be made-up, family emergency, etc.*

**Athletes who report to practice but do not complete their required work-out for the day (for any reason) will be counted as an excused absence.*

3. FIVE FOR FIVE POLICY

- A. Once an athlete has missed five or more practices (excused or unexcused), athlete must attend five consecutive practices leading up to each competition in which she is to compete. This is a health and safety concern. Coaches must see athletes completing their workouts at practice in order to feel confident that they are ready to compete. No exceptions will be made.

4. UNEXCUSED ABSENCE

- A. An unexcused absence occurs when an athlete is absent from practice & did not inform Coach Mihalik or Walters where they would be prior to the absence.

**First offense: Warning and parents are contacted.*

**Second offense: 1meet suspension.*

**Third offense: Dismissal from team.*

5. EXCUSED OR UNEXCUSED? CLARIFICATION

- A. Absences that are **NOT** excused:

**Unspecified family emergencies *No workout clothes*Birthdays or other celebrations * Concerts or games* Baby-sitting * Jobs & job interviews*

- B. Other information:

**Athletes who are in In-School-Suspension will not compete in the meet that week.*

**Athletes must attend practice the day before a meet or they will not compete in the meet.*

MEET ATTENDANCE POLICY

1. EXCUSED ABSENCE FROM THE MEET

- A. Athletes may miss 2 meets with prior permission from Coach Mihalik or Walters with no penalty & be excused. **Third excused miss will result in dismissal from the team.** If you miss more than three meets, you have missed third of the season's meets.

2. UNEXCUSED ABSENCE FROM THE MEET

- A. An unexcused absence from a meet occurs when an athlete's event begins and they fail to check-in and compete.

** Missing any event in which an athlete was to compete will result in an unexcused absence.*

**Leaving a meet prior to competing (for any reason) without talking to Coach Mihalik or Walters will count as an unexcused absence.*

- B. **Consequences:** 1st unexcused meet: Miss next meet. 2nd unexcused meet: Dismissal from team.

Print Name: _____ Athlete Signature: _____ Parent Signature: _____ Date: _____