



Senior Division Attendance Policies



Purpose and Philosophy

Consistent attendance is a cornerstone of success in a high-level swimming program. Swimming is a sport built upon repetition, discipline, and incremental improvement. Each practice is intentionally designed to build upon previous sessions, develop aerobic capacity, refine technique, and strengthen mental resilience. Missing practice not only disrupts an individual athlete's progress, but also impacts relays, lane dynamics, and overall team culture.

Athletes who commit to this program are expected to prioritize attendance and to demonstrate accountability to both their teammates and their coaches. Reliability is a critical component of both individual excellence and team success.

The goal is for the athletes to make every single training session they are able, though we understand that unforeseen circumstances occasionally arise which prevent attendance.

Expectations

- Athletes are expected to attend all scheduled practices, meets, and team functions
- Athletes are expected to be punctual, prepared, and ready to fully engage in the workout
- Athletes are expected to remain for the entirety of practice unless prior arrangements have been made

Importance of Consistency

- Physical Development: Swimming performance relies on consistent training to build endurance, strength, and speed
- Technical development: Skill improvement requires focused repetition. Missing sessions slows progress and reinforces poor habits
- Team Cohesion: Attendance impacts relays, training groups, and team morale
- Mental Toughness: Showing up consistently builds discipline, accountability, and competitive readiness

Excused Absences

Absences may be considered excused under the following circumstances:

- Recruiting trips
- Funeral / Bereavement
- Standardized testing (ACT/SAT)
- Illness or injury (communication required; a doctor's note may be requested for extended absences)

- Family emergencies
- Religious observances
- Pre-approved school-sponsored activities (e.g. field trips, official events)

Requirements for Absences to be Excused

- Communication must occur prior to practice whenever possible
- Notification should be made directly to the coaching staff (via email or other approved team communication platform)
- Extended absences should include a plan for athlete's return to training

Unexcused Absences

Absences may be considered unexcused if they include

- A lack of prior communication
- Non-team social events or activities
- Oversleeping or poor time management
- Choice to not attend without valid reason
- School clubs/extra
- School ceremonies
- Personal or family vacations (impromptu or otherwise)
- Tutoring
- Drivers Ed. classes or driving hours
- Mental breaks (a.k.a. Timeouts from the sport)

Tardiness and Early Departure

- Repeated tardiness will be treated similarly to unexcused absences
- Leaving practice early without prior communication may result in disciplinary consequences

Absences Subject to Coach's Discretion

- Multi-sport participation (varies by training group)
- Physical therapy appointments; efforts should be made to schedule appointments for times which do not conflict with practices
- Injury/Illness**
 - Periods of prolonged illness and/or injury recovery necessitate a coach/athlete discussion regarding the best course of action. The coach will work to accommodate the athlete's needs. The athlete may have to make concessions and alterations to regular practice in following the established return-to-fitness itinerary

Accountability and Consequences

Failure to meet stated attendance standards may result in:

- Removal from current training group on a temporary or permanent basis
- Dismissal from relay and/or championship team line-ups
- Supplementary conditioning or make-up work
- Suspension from team (in cases of repeated violations)
- Removal from the team (in extreme, willful, or repeated cases)

Consequences will be consistently applied, but coaches reserve the right to take individual circumstances into account when making disciplinary decisions.

Communication Standards

- Athletes are considered responsible for any communications related to attendance**
 - All athlete/coach communication should conform to USA Swimming's MAAPP guidelines
- Parents/guardians may be consulted for instances of extended absence or ongoing/chronic health concerns
- Lack of communication will default to an unexcused absence
- Athlete make-up work will be available subject to the discretion, and under the direction, of the coach