



# MISSED PRACTICE POLICY

Communication is a very important part of any team. Therefore, Athletes are expected to communicate with the Coaches on various topics. Any Athlete missing practice shall notify the Head Coach or Lead Coaches in advance of the practice or meet to be missed.

Any Athlete missing more than two practices a week may not be allowed to compete in the meet that week. It is the parent/guardian's responsibility to inform the Coached of any activity that will routinely require an Athlete to miss practice. The Club requires each Athlete to make as many practices as possible.

Relay teams will be made up of the most dedicated Athletes who regularly attend practice, participate in fundraisers and assist the Club by conducting orderly warm-ups and assisting younger members and Coaches at all meets and Club activities.