

## Attendance Policy

The Haverford High School Swimming & Diving Team operates under the following attendance guidelines:

1. In order to qualify for a junior varsity or varsity letter, a swimmer/diver must have a documented 90% practice attendance.
2. All team members are required to arrive on time for practices (plan on arriving 10 minutes early so that we can start on time...our pool time is valuable).
3. All non-club swimming/diving team members are expected to attend all practice sessions and swim meets at their designated times.
4. If a team member swims/dives for another club team during the winter season, he or she is required to attend at least two practices/meets per week **and** provide written documentation from his or her club coach verifying participation in practices for each week of the season. Club swimmers are expected to attend all swim meets.
5. All team members are expected to attend dryland training at their designated times and locations each week.
6. Students who are absent or who arrive after 10:46 AM will not be eligible to participate in any practices or meets that day. Students who go home sick during the school day (and do not return to school) are not eligible for practice or meets.

If for some reason (illness, family matter, etc.) a swimmer/diver cannot attend his/her designated practice or meet, he or she must notify Coach Stewart (swimming) or Coach Bedwell (diving) **BEFORE** practice or the meet begins.

Team Members/parents can email their respective coach directly to provide notification. Do not send messages with other swimmers/divers.

Failure to comply with this rule will result in an **unexcused absence** for the swimmer/diver.

**Any student-athlete with an unexcused absence will be suspended from the next team competition.** Any student-athlete with multiple unexcused absences may face dismissal from the team.

## Trainer/Injury Policy

If an athlete is seen by a physician, he or she must bring a written diagnosis of the condition and treatment recommendations including date of return to activity.

Until the school trainer has this in hand, the athlete will not be allowed to participate in practice sessions or contests.