



Attendance Policy

"If you do not have the time to do it right, when will you have time to do it over?"

John Wooden

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

1. If you are well enough to be in school, then you are well enough to be in the pool.
2. In order to qualify for a junior varsity or varsity letter, a swimmer/diver must have a documented 90% practice attendance.
3. 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).
4. All non-club swimming/diving team members are expected to attend all practice sessions and swim meets at their designated times.
5. If a team member swims/dives for another club team during the winter season, he or she is required to attend at least one practice 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.
6. All team members are expected to attend dryland training at their designated times and locations each week.
7. Students who are absent or who arrive after 10:46 AM will not be eligible to participate in neither practice nor a meet 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 Matt Stewart (swimming) or John Scholtz (diving) **BEFORE** practice or the meet begins.

Swimmers/parents can email or call 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.



EXCUSE NOTES

"We are what we repeatedly do; excellence, then, is not an act but a habit."

Aristotle

There are three (3) specific instances when a note will be required to excuse a swimmer/diver from practice or a meet during the season:

1. An advanced note from a parent/guardian is required to confirm any out-of-town trip that would cause an athlete to miss practice or a meet.
2. A note of explanation is required for any student-athlete who misses due to illness or injury. Any information that can help the coaching staff determine a proper course of action for the athlete would be appreciated (particularly for injuries). Any athlete who visits a doctor due to injury must provide documentation to the school trainer as well in order to receive clearance to return to participation with the team. Any dates indicated by a doctor's note for excuse from team participation will not count against a swimmer/diver's attendance requirements for a junior varsity/varsity letter.
3. A note from a teacher is required if a student is going to miss practice or a meet for academic reasons (i.e., making up test, extra help, etc.).

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.