

**Missing Practice Form:**

**This is a Varsity sport not a club. We expect 100% commitment to the team**

In order for our season to be as successful as possible, we will expect all swimmers to be at **ALL** practices and **Meets**. Meets start the first week of December and are usually on Tuesdays and Thursdays from 3:30 pm to 6:00pm. Practices will run from 3:00 pm-5:15 pm Monday through Friday. Saturday practices will typically run anywhere between the times of 8am to 11pm. Starting in December we will have morning workouts from 6:00am-7:15am on Tuesdays and Thursdays. Please be sure to schedule any appointments/conflicts after these times. We do understand that there are circumstances/emergencies that may cause you to miss practice. If this occurs please give the coaching staff *one weeks notice*.

If you are already aware of a meet, practice or series of practices that you know you will not be able to attend, please list them below. **Filling out this form does not excuse the absence.** Unexcused absences -SAT Courses, Music Lessons, Baby Sitting, Routine Doctors visits, Family Vacations, College visits.

Name \_\_\_\_\_ Grade \_\_\_\_\_

Date(s): \_\_\_\_\_ reason for missing: \_\_\_\_\_

Date(s): \_\_\_\_\_ reason for missing: \_\_\_\_\_

Date(s): \_\_\_\_\_ reason for missing: \_\_\_\_\_

Date(s): \_\_\_\_\_ reason for missing: \_\_\_\_\_

Date(s): \_\_\_\_\_ reason for missing: \_\_\_\_\_

Date(s): \_\_\_\_\_ reason for missing: \_\_\_\_\_

Parents signature \_\_\_\_\_ Contact Info \_\_\_\_\_

Athletes Signature \_\_\_\_\_ Contact info \_\_\_\_\_

Date \_\_\_\_\_