

Swim Team Policies and Expectations

Rowland Hall Swim Team is an education based athletic program committed to excellence and the development of ethics and character. We stand behind the following expectations and athletic department policies:

- 100% commitment to the team as demonstrated through attendance, participation, dedication to excellence, and the development of ethics and character.
- Swimmers are expected to treat other teammates with utmost respect. Malicious or inappropriate behavior will not be tolerated. Violation to the expectations can be considered grounds for suspension or dismissal from the team.
- Student-athletes are expected to attend all practices and meets as scheduled.
- Any absences (medical appointments, vacations, other school related extracurricular events, etc.) that interfere with practice time must be brought to the coaches attention **at least 24 hours in advance for the absence to be excused; otherwise, it will be counted as an unexcused absence.**
- Days missed for illness are to be excused by a parent calling the office or by providing an email or note to the coach signed by a parent.
- Missing practice for social events is NEVER acceptable. Music lessons and non-school sanctioned events must be scheduled around practice and meet times.
- If the student-athlete attended school all day, they are expected at practice and on time.
- Practice begins at 3:30 PM and ends at 5:00 PM every day, unless otherwise stated. Swimmers should expect to be in the water until 5:00 PM.
- Every swimmer is expected to be in the water for warm up no later than 3:30 PM. A swimmer will be considered “tardy” if they enter the water between 3:30 PM to 3:40 PM. Any time after that will be considered an unexcused absence. **Two tardies equal one absence.**
- If an athlete must leave practice early or come in late, for any reason, coaches must be notified in advance by a parent or the student. Coaches may determine whether or not the tardy is excusable.
- **3 unexcused absences is immediate suspension from competition.** The swimmer will have the ability to make up practices in order to remove the suspension from competition, but that is their responsibility to do so.
- **5 unexcused absences is immediate suspension from competition as well as grounds for suspension or dismissal from the team.**

- Debate is the only exception to the required daily attendance policy, as it is a school sanctioned activity; however, 80% attendance is still required of those student-athletes.
- Extraordinary circumstances will be considered case by case.
- If an athlete chooses not to meet these expectations, they will be counseled away from swim team.

We look forward to your support in maintaining an excellent athletic program and developing Champions both in and out of the water.

Sincerely,

The Rowland Hall Swim Team Coaching Staff

Before attending practice, this form must be electronically signed on the Register My Athlete site by each member of the swim team stating they understand the aforementioned policies and expectations.