

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.
- Student-athletes are expected to attend all practices and meets as scheduled.
- Due to limited practice time, Student-athletes are expected to review material such as swimming clips, nutritional handouts, dryland exercises and sports psychology documents provided in the RH Swim Team Folder shared on Google Docs. **This counts as participation.**
- A doctor or parent's note must be provided to excuse medical appointments that cannot be scheduled around practice time. **Please notify at least 24 hours in advance.**
- 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. The beginning of practice contains a large amount of educational content--it is the responsibility of the student-athlete not to fall behind.
- **3 unexcused absences will result in suspension from competition. Five unexcused absences can lead to dismissal from the team.**
- Any make up assignment provided is intended to be used **ONLY** for unexpected or stressful events that fall outside of the school's excused absences. It is the swimmers choice to utilize this option.
- 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 Athletic Department and Swim Team Coaching Staff

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