



## San Dieguito Academy Track & Field Attendance Policy

### **Attendance Point System**

Track & Field practice is held Monday through Friday. Please check with your event coach for more specific practice times.

### **What to Do When Absent or Late**

If an athlete must miss a practice or will be late they must communicate with their coach.

### **Full-Time Participation**

All Track & Field events require athletes to learn specific skills and movements as well as to acquire speed and endurance. Over the course of the season, the event coach builds their practice plan based on the training completed the week(s) before. It's difficult to coach and may be disruptive if an athlete is missing critical practice time for other after school activities. The point system gives everyone the ability to manage practice time over the season.

### **Absences the Week of a Meet**

If you can't attend a meet you have been entered in, you must notify your coach at least the Friday BEFORE the meet. All dual meet entries are entered the preceding weekend and all Invitational meets are at least seven days in advance. To be eligible for a Wednesday meet you must practice Monday and Tuesday; for a Thursday meet you must practice at least two of the three preceding Monday, Tuesday or Wednesday; for a Friday or Saturday meet, you must have practiced on three days that week.

### **Absence Point System**

Everyone starts the season with 100 points. Finish the season with less than 50 points and you will not receive a Varsity Letter. Those who have less than 25 points will not be allowed to participate the rest of the season. All absences need to be communicated as soon as possible BEFORE practice begins.

- Miss practice with an Excused Absence and 5 points will be deducted from the 100 points
- Miss practice with an Unexcused Absence and 10 points will be deducted.
- Miss a meet with an Excused Absence (where you were entered and notified before or on the week of the meet) is -20 points; if it's an Unexcused Absence 50 points
- If you miss 10 or more total consecutive practices due to injury or illness or other activities, you may be removed from the roster, unless you have an approved plan to return.
- Gain 10 points back for any Saturday meets, and coach lead holiday, spring break practiced. Schedule these practices with your event coach.



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### **Unexcused absences include but are not limited to:**

- Too much homework
- Forgot shoes or exercise clothes
- Can't find a ride home or carpool is leaving
- It's raining (only when notified by the coach that practice is canceled)
- "I have friends and/or relatives in town and we have to show them around."
- "I'm really tired and sore from working out."
- Other uncleared extra-curricular activities

### **Excused absences would include:**

- Family emergency or funeral
- Religious observances
- Tutoring or make up test; with valid documentation from teacher
- Injury or Illness. Trainer or a doctor may need to be involved in determining the proper course of treatment and date of return.
- Reasonable College Visitations. Provide plan to coach before missing practice.
- Doctor/Dentist appointment. Please try to make these appointments on "easy" days.