



## Woodbridge Crew Spring Attendance Policy A/O - 12/15/17



Athletes are expected to attend every in-season practice, including those taking place over Spring Break, Saturdays or holidays. 100% participation is expected with the exception of prearranged excused academic or medical absences. **Rowers and coxswains must tell coaches by 230pm the day of absence if they are going to miss practice, otherwise the absence will be unexcused.** If the athlete is ill, they should email, call or text message their coach as early in the day as possible to let them know they will not be at practice, but no later than 230pm the day of the absence.

Spring Practice means time on the water at Lake Ridge Park/Oxford House Boathouse and it officially begins in late February. Practice will be held each day after school and on some Saturdays. Practice times will generally be set throughout the season, but may vary due to weather, sunset times, and coaching decisions.

- Excused absences are for medical or academic reasons AND you MUST notify your coach as soon as possible, but no later than 230pm the day of the absence
- All other absences are unexcused.
  - An unexcused absence may result in the loss of your seat.
  - An unexcused absence or excessive absences prior to a regatta may result in your removal from the regatta
  - An unexcused absence from a regatta may result in removal from the team
  - 3 unexcused absences will result in the loss of a varsity letter
  - 5 unexcused absences may be grounds for dismissal from the team

### Spring Break:

Training/Practice continues through Spring Break. All rowers and coxswains are expected to be present. Practices may be held twice a day and are considered to be part of the normal season practice schedule. Failure to attend practices over Spring Break will be treated as if a "regular" practice is missed. An athlete cannot afford to miss 12-14 hours on the water training and expect to be in a Varsity boat. In addition, regattas are often scheduled for one or both weekends of Spring Break.

