



## **Student-Athlete Attendance Protocol**

1. Practices and games are mandatory.
2. Only excused absences in accordance with policy 5160, will be tolerated.
3. For each unexcused absence from practice, an athlete will be ineligible to play in half of a game.
4. For each unexcused absence from a game, an athlete will be ineligible to play in one game.
5. If and when a student is eligible to play in a game, playing time is never guaranteed at any level. The coach will determine playing time.

## **Off-season workouts while playing an in-season sport.**

1. If there is an off-season work out prior to an in-season game or practice, a student can attend but not participate.
2. If there is an off-season work out after an in-season game or practice, a student can attend and participate.
3. All off-season workouts:
  - a. Student/athletes are not required to participate.
  - b. Will be supervised conditioning programs involving strength training, cardio respiratory conditioning, and flexibility.
  - c. Will be skill development and non-contact.
4. A student is not eligible to participate in off-season work outs if their in-season team is in their post-season playoffs without approval from in-season coach and Director of Health, PE & Athletics.

***Attending and participating in Off-season workouts does not guarantee making a sports team or playing time.***

## **VACATION/HOLIDAY PRACTICE EXPECTATIONS**

When parents/guardians and student athletes choose to take their family vacations during sport seasons, it must be understood that the time missed by the student athlete can affect team chemistry and personal conditioning. Student athletes who miss practices or competition for any reason may have their position or playing time adjusted. Coaches shall make every effort to inform parents/guardians and student athletes of the season's schedule as far in advance as possible.