

FOREST LAKE GYMNASTICS TEAM ATTENDANCE POLICY 2020-2021

GYMNASTS ARE REQUIRED TO BE AT **EVERY PRACTICE FROM START TO FINISH.**

A few exceptions will be made under these circumstances:

EXCUSED ABSENCES INCLUDE:

- 1) Absent from school due to illness or family emergency.
- 2) Absent from practice due to illness, medical appointments, family emergency or school.

We, as coaches, feel that gymnastics comes second to academics. If your daughter needs to stay after school to make up a test or do prearranged work that should be their first priority providing they are working hard during class time. Working with a teacher during practice time **MUST BE COMMUNICATED TO A COACH BEFORE PRACTICE** and a pass from teacher is needed to return to practice.

****If your daughter has missed or will miss practice, please notify the head coach with a phone call or a written note/email explaining the reason for the absence THAT DAY! If the absence is prearranged, please communicate with us before it occurs, if possible. You can reach Lindsey Pierron at (651) 982-3221 or lperron@flschools.org. E-mail is the best way to reach me during the day. Thank you for helping us to hold gymnasts accountable!**

UNEXCUSED ABSENCES INCLUDE:

- 1) Skipping class(es) during school. Any unexcused absence from school or a class will result in an unexcused absence from practice (regardless if you are at practice or not).

YOU MUST BE A STUDENT BEFORE YOU MAY BE AN ATHLETE!

- 2) No explanation for absence, in the form of a phone call or note.

- 3) 3 Unexcused tardies to practice = 1 unexcused absence.

****If a gymnast is repeatedly disrespectful during practice or sitting around while her teammates are trying to work out (assuming she is not sitting due to an injury), she will be asked to leave practice for the day, and will receive an unexcused absence. If a gymnast is asked to leave practice by her coaches due to poor attitude, lack of effort, or disrespect on 3 occasions, the gymnast will be asked to meet with the coaches and her parents, to determine whether or not she will be able to continue participating as a team member. In addition, if a gymnast is asked to leave practice due to one of the aforementioned reasons or poor sportsmanship, she will sit out of the next competition.*

PARTICIPATION IN MEETS:

- 1) In order to participate in a meet, it is expected that all gymnasts attend practice the day before the scheduled meet. Anyone missing practice the day before a meet may be withheld from the competition at the coaches' discretion.

- 2) Any unexcused absences from school will result in the same number of missed meets. (Example: 2 days unexcused absence results in no competition in 2 meets).

- 3) Any gymnast not competing in a meet is EXPECTED to attend the meet for team support.

- 4) Gymnasts not working during practice may be withheld from meets, or may be placed in a different spot in the rotation, or at a different level at the coaches' discretion.

*****GREAT ATTENDANCE CREATES A POSITIVE ATTITUDE, AN EXCELLENT WORK ETHIC, GREAT TEAM SPIRIT AND PARTICIPATION IN MEETS!**