**Science Hill Track & Field Attendance Policy**

**Please contact the coaching staff as soon as you are aware of an upcoming absence. We can also answer questions as to which category an absence may fall under (excused, provisional, unexcused).**

**Excused Absence**

1. Illness (Doctor’s note required)
2. Family Emergency
3. Observance of Religious Holiday
4. Meeting with a teacher for academic reasons (however, Flex-Time and before school should be your first options).

**Provisional Absence**

1. SAT/ACT test prep courses
2. Drivers Education course or Driver’s License Exam
3. Band or orchestra concert
4. Vacations (freshman only)
5. Family celebrations (weddings, bar mitzvahs, anniversary parties, birthdays, etc.)
6. Orthodontist/Dental/Doctor appointments (please try to schedule around practice or outside of season)
7. College Visits (note: students missing Friday & Saturday will be charged 2 absences)
8. Leaving practice early for another commitment
9. Injuries – You must see the Athletic Trainer in the morning and afternoon and **then join team until end of practice**

**Unexcused Absence**

1. Not Prepared for practice (no shoes/clothing)
2. Female Issues
3. Oversleeping
4. Haircut appointments
5. Birthday parties
6. Concerts or professional/college sporting events
7. Extended Prom Weekend
8. Vacation (soph-senior)
9. Job or volunteering
10. Staying home to do homework/work on a group project for school
11. Practice for any other sport
12. Club/Activity (for example, missing practice for ‘MBA’ is unexcused – Most all clubs meet at Flex-Time)
13. Missing practice for any of the reasons listed under “provisional” *without notifying coaches ahead of time*

**Tardies**

Athletes are expected to be at all practices and competitions on time.  Weekday practices begin at 3:10 on the track.  Students arriving after this time should have a pass from a teacher.  Any student arriving after the scheduled practice time who does not have a pass will be considered tardy.

\*\*Any athlete who misses practice for an unexcused reason will be withheld from the next competition

\*\*Any combination of 3 provisional absences or tardies equals one Unexcused

\*\*Three Unexcused absences results in dismissal from the team

**PHILOSOPHY:**

We strive to create a program that helps individuals grow both as athletes and as people.  We promote the values of taking responsibility for one's self, exhibiting loyalty to teammates, and dedicating one's time and energy toward a shared mission.  Our goal is to run a program where athletes are expected to make a significant commitment to self-improvement, yet which does allow for some consideration of external obligations.  We strongly believe that success in Track & Field, as in any endeavor, is dependent on consistent effort and commitment to long-term term goals.

*Participation in high school athletics is not a right but a privilege*; while we support all athletes, regardless of ability level, we feel that to earn the privilege of being on the team, all members must be willing to make an equivalent sacrifice.  While we certainly encourage the development of well-rounded individuals, we also recognize that the value of athletics cannot be truly realized if the athlete is unable to make a full commitment to his sport.  This may require that athletes have to make some difficult choices, but the team will derive strength from the shared sense of sacrifice that all individual members are making.