

JFWA Athletics Practice Policy – Revised November 2009

Student-athletes are expected to attend all scheduled practices.

Student-athletes may miss one practice per season per sport without cause or question.

Student-athletes may not attend practice on school days when they were absent from school the entire day. Exceptions to this policy include absences for school-sanctioned events like field trips, medical appointments and attending a funeral. The athletic director may also waive this policy for other rare circumstances if arranged **prior** to the school absence.

Student-athletes may miss practice due to illness, a medical appointment or because they were absent from school the entire day for a school-sanctioned event.

Student-athletes may miss practice for tutoring so long as the coaching staff knows about the absence in advance.

Student-athletes may miss practices due to other circumstances so long as the absence is discussed with the coaching staff **prior** to the absence(s) and the coach agrees to excuse the absence. In those instances where the absence was not prearranged and/or consent was not given by the coach, the appropriate consequence from the penalties for unexcused absences will apply.

Any absence that falls outside the guidelines above will be considered an unexcused absence. Consequences for unexcused absences will be applied as follows:

- First unexcused absence: In sports where applicable, loss of starting position for one game and/or playing time in one contest. In all other sports, a commensurate consequence will be determined by the coaching staff.
- Second unexcused absence: In ALL sports, the player must sit out one contest as determined by the coaching staff.
- Third unexcused absence: In ALL sports, the player must sit out an additional contest as determined by the coaching staff. Other consequences may be added where deemed necessary by the coaching staff.
- Any additional absences: Indefinite suspension from the team, including all practices and contests until a solution is reached. In extreme situations, the suspension may become permanent.

Student-athletes are expected to be dressed and ready to practice at the starting time of the practice session. Student-athletes who are late and/or not ready at the starting time of practice will face consequences as deemed appropriate by the coaching staff. Habitual lateness to practice may also result in the loss of starting position, suspension from game(s), or other as determined by the coaching staff.