

## ATTENDANCE POLICY

**School Wide Policy:** Athletes must be in EVERY CLASS, ALL DAY LONG in order to practice and/or compete. The only exception is a PRE-ARRANGED absence with the attendance office AND Coach Phillips (this means the day before). Calling a wrestler in sick the next morning after a dual so he can be excused one or two periods and still be eligible to participate will not be acceptable by our administration and coaching staff. If a wrestler is too sick to come to school for a period, then they should not be at practice or competing.

All wrestlers must be weighed in, dressed down and at practice by 2:50 PM, unless they are getting help from a teacher and have a signed teacher note with the time.

If you know you are going to miss a practice, you must have your parents email Coach Phillips.

For sickness or emergencies, you must notify Coach Phillips at the High School before 2:30 PM by email or by leaving a message on his cell phone (503-508-4738). Failure to notify us that you will be missing practice will result in an unexcused absence.

### **Our attendance policy is as follows:**

If a wrestler misses a practice for any reason, they will need to make it up by attending our make-up sessions on Tuesday's, from 5:15-6:00 PM. This one wrestling session will make up for any missed practices for the previously week only. If a wrestler fails to make up any missed practice at the next Tuesday session then he will be ineligible for the next competition. You can go to a Tuesday make up session prior to an upcoming pre-arranged absence.

During the Winter break, we do have practices. Please make sure that all wrestlers are there or family trips are pre-arranged well in advance. No excuses please, this is a great time to cover a lot of ground and wrestlers will fall behind if they are not there. Please check the practice schedule for practice dates and try to schedule any trips around the schedule.

***\*Parents, please try to help us stick to this attendance policy, thanks!***

### **Discipline Code for Unexcused Absences:**

First Unexcused Absence= Warning, During week of competition- One meet suspension

Second Unexcused Absence= One meet suspension

Third Unexcused Absence= Removal from the team