



Aquatica Synchro Club – Attendance Policy

The following attendance policy applies to all Youth Competitive Athletes.

Artistic swimming is a team sport where every member plays a vital role in the team's success. Regular attendance and prompt arrival are essential. Full teams are needed to perform lifts, practice patterns, and keep up with choreography changes. This policy outlines expectations and procedures when attendance issues arise.

We recognize that challenges come up from time to time. Our goal is always to support athletes in maintaining their commitment to the team while working collaboratively with families when conflicts arise.

Attendance Expectations

All competitive athletes are expected to attend all team practices, choreography camps, and competitions. Coaches will document all absences and late arrivals. If an athlete cannot attend, coaches should be notified as soon as possible so plans can be adjusted. We understand emergencies and illness may occur last-minute—please give as much notice as possible.

Athletes who have a non-contagious illness or injury that prevents them from swimming (e.g., a mild sinus infection, earache, or minor injury) are encouraged to attend practice if they are comfortable doing so. They may participate from the deck to stay updated on choreography changes and team dynamics. However, if the athlete is in significant pain or discomfort, they should rest and prioritize recovery.

Excused Absences

Absences may be excused on a case-by-case basis when prior notice and a reasonable explanation are given. These include:

- Contagious illness (fever, vomiting, etc.)
- Injury that prevents in-water and on-deck participation
- Mandatory school activities
- A family crisis or emergency situation

Competitions

If an athlete cannot attend a competition, they must notify both the team coach and the head coach as early as possible. This ensures competition fees are not charged and routines can be adjusted. Athletes are registered for competitions up to 2 weeks in advance, and fees are non-refundable through Manitoba Artistic Swimming (MAS).

No practices should be missed within two weeks of a local competition or within three weeks of a major competition (e.g., CPC, Qualifiers, Nationals). Extenuating circumstances must be discussed with coaches as early as possible.

Vacation and Extended Absences

Parents are encouraged to schedule vacations during breaks when no practices are held (e.g., Christmas or Spring Break). If a vacation overlaps with practice time, written notice must be provided to the primary coach and program coordinator at least one month in advance to allow planning.

Vacations should not be scheduled within two weeks of a competition. Competition dates can be found on the MAS website and in Aquatica's club calendar. If a vacation exceeds two weeks or is close to a competition, the athlete may be required to attend additional training at their own expense upon return.

Consequences of Attendance Violations

Attendance will be reviewed monthly. If an athlete misses 25% or more of scheduled practices in a given month—regardless of whether the absences are excused or unexcused—a meeting will be arranged with the team coach and the athlete's parent(s).

For example, if an athlete has 16 scheduled practices in a month, missing 4 or more would initiate this review.

Even when absences are excused, missing a significant number of practices may impact athlete development and team readiness. The purpose of the meeting is to provide support and ensure that any barriers to attendance are addressed.

If attendance concerns continue after the initial meeting, a second meeting will be held with the head coach and a board member. At that time, a course of action will be determined, which may include the athlete being moved to an alternate position on the team until consistent attendance is re-established.

Acknowledgment of Policy

All athletes and parents will be asked to review and acknowledge this attendance policy at the start of the season.