

Meet Policy:

Attendance

- a. To attend a Mandatory meet-80% attendance
- b. Consideration will be made for swimmers that had absences due to illness, injury, etc.

Scratching

- a. No swimmer will be allowed to scratch from prelim or finals on any day/night without permission from the coach
- b. The reason for the scratch must be related to medical problem or a family emergency.
 - a. A swimmer is not allowed to scratch because they have to make a flight or needs to be home for school on Monday.
 - b. A swimmer is allowed to scratch if the Head Coach feels there is a health risk to the swimmer(s).
 - c. The Head Coach of the Platinum Group may excuse the whole team or parts of the team for extenuating situations.

Meet representation

- a. Swimmers are required to remain at a travel meet until the final swim for our team has been completed for the entire meet. No one will be permitted to leave the meet before all swimmers have completed their races unless there is an unusual circumstance in which the head coach of the platinum group can determine and excuse the swimmer(s). This is required whether or not the swimmer is swimming an event in that session.
- b. All swimmers must have an emergency contact who can bring the swimmer home from a travel meet if the parents must leave for work or a work-related emergency. Swimmer(s) with unique situations must talk with their coach to be given permission to deviate from this policy.
 - a. The unique situation must be related to a medical problem or a family emergency.
 - i. The swimmer is not allowed to leave a meet early because they have to make a flight or needs to be home for school on Monday.

Fine-Tuning Period

- a. During the designate fine-tuning period prior to the December travel meet, Swimmers are not permitted to attend practices or swim in meets with teams other than SJAC. This is a two-week black out period designated before the December travel meet to allow the SJAC Team to bond and be stress free. Swimmers who are found to be in violation of this rule will be pulled from trip. Any fees already paid will be forfeited. If swimmers feel they can't make this commitment then they will attend the gator Classic.
- b. Any swimmer who deviated from any of the above rules without first getting permission from the Head Coach of the Platinum Group will be suspended from the next travel meet.

Mandatory Meets

- a. Any swimmer who misses a mandatory meet will be indefinitely suspended from the Platinum group.
- b. The director of competitive swimming will make the determination whether this swimmer will be allowed to continue training with the team in a different group, and if so, what criteria to be met for the swimmer to return to the Platinum group in the future.
- c. Swimmers with unique situations must talk with their coach to be excused from a mandatory meet. Acceptable reasons for missing a mandatory meet would be due to illness, injury and/or family emergency.
- d. Playing another sport and/or academic demands are not an acceptable reason for missing a mandatory meet.
- e. Mandatory Meets include but not limited to the following:
 - a. December Shave Meet (TBD)(NC, Gator Classic or Nationals)
 - b. NCSA Juniors, Senior Champs (SCY/LCM) ISCA or any USA National meet or any other meet determined by the Coaching Staff.