



PPSC Attendance Expectations

PPSC is focused on helping swimmers of all abilities pursue their competitive goals. As such we want swimmers to highly value their practice time and meet opportunities. The team attendance expectations are intended to help swimmers understand the level of participation commitment they make when joining a practice group.

Practice Expectations:

- Pre-seniors are expected to attend 75% of practices.
- Senior PM swimmers have the flexibility to practice as little or as much as they like. Swimmers who attend 70% of practices (2 out of 3 practice per week) are welcome to join Saturday practices and drylands.
- Senior I swimmers are expected to attend 80% of practices.
- Senior II swimmers are expected to attend 90% of practices.

If a swimmer is sick and needs to miss practice, please notify their coach 24 hours before or after the absence to have it marked as excused.

Meet Expectations:

- AGI and AGII swimmers are expected to participate in local meets as these are part of their training. They are welcome to travel to other regional meets as interested.
- Pre-senior and older swimmers are expected to participate in all swim meets which they qualify for unless the travel creates a hardship.

Swimmer Check-ins:

If swimmers consistently do not meet the above expectations, they and/or their parents should expect to:

- On the 1st instance: Receive an email or phone notice from their coach.
- 2nd: Be asked to have a meeting with the coach to discuss their commitment level.
- 3rd: Be notified that their current spot in the group will be forfeited. The swimmer has the option of joining the Senior PM group.