



## **GMA Practice Attendance Policy**

*Over the last 15 years, the GMA coaching staff has developed a practice attendance policy for our 13 and older athletes who wish to attend championship meets. This attendance policy has been established for the primary purpose of providing the training required for our athletes to be successful at their focus meets. These requirements reflect the minimum training that is necessary for our athletes to perform their best against their competition and to achieve their self-determined goals. The attendance policy has the additional benefit of providing team unity and of promoting commitment to training. The attendance policy also ensures training consistency for all of our older athletes. Using this policy, all of our athletes will be treated fairly and all of our athletes will be held to the same expectations based on their competitive focus.*

*Swimming is a very demanding sport. The best coaches in the world indicate that high school-aged athletes reaching toward national and international competition must train at least 20 hours per week (Sweetenham, W. & Atkinson, J., 2003). Our GMA team vision is to win the USA Swimming National Championships. In order to achieve this vision, we need our athletes to attend the National Championship Meet and race their very best. The GMA attendance policy will play a role in helping us achieve our team vision. Moreover, it will help families and athletes become aware of the training and commitment that is required to excel in sport and in life.*

Practice attendance policy breakdown:

### **For ALL GMA Training Groups**

- Arrive on early or on time for practice, prepared to swim by the time your practice session begins.
- Leave practice on time.
- If an athlete misses more than 15 minutes of training for any reason, the coach will determine how much practice credit the athlete receives.
- All athletes are expected to have excellent attitudes in practice and put forth excellent effort on every set in training. In the case of poor attitude or poor effort, the coach will determine how much practice credit the athlete receives.
- All GMA athletes are expected to prioritize their family commitments and school obligations BEFORE their swimming commitments.
- The coaches will excuse some absences for some major family commitments and academic commitments. Examples for excused absences may include a family funeral or a college recruiting visit.
- Some pre-approved training with other registered USA Swimming (or international) teams may be allowed for practice credit. Please arrange this with the athlete's primary coach.

**New England 13-19 Age Group Championships, New England Senior Circuit Meets, New England Senior Championship Meet (Senior Group)** and some travel meets throughout the season:

- 5 workouts per week with 90% attendance (4.5 minimum)



- 90% attendance at all Saturday practices for the season
- Make-up Saturday practices available by appointment only
- Varsity Sport policy
  - Athletes participating in a Varsity sport at their high school who wish to attend the New England Championship Meets must attend 1.5 GMA practices per week during their Varsity sport.
    - Morning practices permitted
    - Saturday and Sunday special training sessions available by appointment only
    - Athletes will have two practice averages for the season: (1) varsity average which must be at least 1.5 with no Saturday practice requirement and (2) post-varsity average which will begin immediately following the conclusion of varsity sport and must be at least 4.5 with 90% Saturday practice attendance.
- NO EXCEPTIONS; no credit granted for non-GMA training sessions, personal training, independent exercise, or club sports.

**Speedo Championship/ Sectional Meet (Sectional Group)** and some travel meets throughout the season:

- 6 workouts per week with 90% attendance (5.4 minimum)
- 90% attendance at all Saturday practices for the season
- Make-up Saturday practices available by appointment only
- Varsity Sport policy
  - Athletes participating in a Varsity sport at their high school who wish to attend the Speedo Championship Meet must attend 2 GMA practices per week during their Varsity sport.
    - Morning practices permitted
    - Saturday and Sunday special training sessions available by appointment only
    - Athletes will have two practice averages for the season: (1) varsity average which must be at least 2 with no Saturday practice requirement and (2) post-varsity average which will begin immediately following the conclusion of varsity sport and must be at least 5.4 with 90% Saturday practice attendance.
- NO EXCEPTIONS; no credit granted for non-GMA training sessions, personal training, independent exercise, club sports or Varsity sports.

**NCSA Junior National Meet, USA Swimming Junior National Championships (National Group)** and some travel meets throughout the season:

- 7 workouts per week with 90% attendance (6.3 minimum)
- 90% attendance at all Saturday practices for the season
- Make-up Saturday practices available by appointment only
- Varsity Sport policy



- Athletes who wish to attend USA Swimming Junior National championship meets are not encouraged to participate in high school sports. Rather, these athletes are encouraged to commit to their high-level swimming goals and participate in other forms of high school involvement, like academic or special interest clubs, that do not interfere with their swimming goals.
- Athletes participating in a Varsity sport at their high school who wish to attend any of the Junior National Meets must meet with the Head Coach to determine if an individual plan for athletic success can be achieved.
- NO EXCEPTIONS; no credit granted for non-GMA training sessions, personal training, independent exercise, club sports or Varsity sports.

**U.S. Open, USA Swimming National Championships, World Championship Trials, Olympic Trials (National Group)** and some travel meets throughout the season:

- 7.5 workouts per week with 90% attendance (6.75 minimum)
- 90% attendance at all Saturday practices for the season
- Make-up Saturday practices available by appointment only
- Varsity Sport policy
  - Athletes who wish to attend high level USA Swimming championship meets are not encouraged to participate in high school sports. Rather, these athletes are encouraged to commit to their high-level swimming goals and participate in other forms of high school involvement, like academic or special interest clubs, that do not interfere with their swimming goals.
  - Athletes participating in a Varsity sport at their high school who wish to attend any of the National Meets must meet with the Head Coach to determine if an individual plan for athletic success can be achieved.
- NO EXCEPTIONS; no credit granted for non-GMA training sessions, personal training, independent exercise, club sports or Varsity sports.