

Xavier Prep Crew

Athlete's Attendance Policy

A successful rowing program requires a serious and sustained commitment from each athlete. Parents must understand the importance of regular attendance to the success of the program and assist the athletes in prioritizing this commitment.

No one goes to Xavier College Preparatory to become mediocre. Challenging yourself to excel is part of every curriculum, and so, too, it is with Xavier Prep Crew. The following attendance policy has been established to give our athletes the best chance to develop physically, build their rowing skills and experience, and achieve their personal best, as individuals and as a team.

It is important to understand that rowing is a sport where each large boat requires nine (9) rowers in attendance. If one is absent, 8 people do not get to participate in practice due to the absence of one person. If the coach cannot adequately prepare for the absenteeism, it may be to the detriment to 8 other rowers and possibly the team. Water practices can be made unmanageable when rowers are absent; therefore except for medical emergencies occurring the same day as the practice being missed, it is important to contact the coach a minimum of 48 hours in advance of an absence and to make every effort to schedule appointments during times that are not the week before important regattas.

Excused Absences:

Each athlete must attend every practice unless she is ill or injured, attending a mandatory XCP academic function or retreat, or taking a college-entrance exam (SAT/ACT/PSAT), or on an official college visit for rowing recruitment. All other

absences are considered “unexcused.” If there is a requirement to attend afternoon academic sessions or remedial sessions to meet academic standards, the student must inform the coach at least 48 hours in advance. Absences due to emergency or illness the day of practice MUST be reported by the athlete’s parent to the Xavier Prep Crew president at 602-363-9927 and/or by the athlete to president@xavierprepcrew.net. The coaching staff does not have access to email while in route to or at practice and it is against Called to Protect protocol for an athlete to contact a member of the coaching staff via personal phone or text. Although XCP-sponsored retreats and standardized testing are excused, athletes are urged to make every effort to schedule retreats and standardized tests at times that do not conflict with practices or regattas. Practice times cannot be adjusted to accommodate individual schedules.

Unexcused Absences:

Coaches do understand that from time to time a family emergency arises, but it is anticipated that they are few and far between. Scheduled appointments (dentist, doctor) or other discretionary activities, those for which you have options as to when they are scheduled, may be considered unexcused and affect your place on the crew. Detention, for whatever reason is under the control of the athlete, and will be considered unexcused no matter what the reason. Absences for family trips, college visits, other than for rowing recruitment, will be considered unexcused.

Following three (3) unexcused absences; an athlete will be placed on probation. More than three (3) unexcused absences will result in a one – week suspension from the crew. Following the period of suspension, the rower will complete a 2k ERG test and will be readmitted to practice provided the score is within 3 seconds of her most recent test. Depending on how much practice time the rower has following the time away from the team, Coaches will have discretion regarding seating the rower in a boat for the next race. Regular attendance will be taken into account by all coaches in determining the placement of athletes.

Regattas and Trailer Loading:

Any athlete who fails to attend a regatta for any reason, without the prior permission of the coach, will be dismissed from the team immediately. All team members are responsible for de-rigging and loading the trailer prior to regattas and unloading and re-rigging the boats after regattas.

Practices:

Rowers must be prepared to row at 4:00 PM. Rowers are expected to be on time for practice and to stay for the entire practice. Arrival after 4:00 PM or failure to push in nametag on line-up board prior to the start of practice will be considered an unexcused absence. Rowers must be appropriately dressed for the weather and the activity, and ready to get “hands on” at 4:00 PM.

Practice begins at the time posted; it is not the time you should arrive at the boathouse. As an athlete you should arrive 15 – 20 minutes prior to the scheduled start time to warm up, stretch, and get the oars out (i.e. if practice is 4:00 – 6:30 PM, be at the boathouse no later than 3:45 PM and ready to launch no later than 4:00 pm).

If you are:

- Absent from practice
- Arrive late or miss attendance (attendance will be taken no earlier than the stated practice start time)
- Not prepared
- Not properly attired
- Do not demonstrate effort during practice

You will be considered in violation of the attendance policy.

Other activities:

Additionally, we understand that high school presents many opportunities for the students to explore different interests, and we do not wish to impose restrictions on the exploration of those opportunities. Do be advised however, that if you do choose to participate in activities that conflict with Xavier Prep Crew rowing

activities, your place on the crew will not be held for you and an absence could be considered an unexcused absence. Every effort should be made to avoid any activity that prevents you from training and competing with your teammates. If you have questions concerning the impact of any absence, please ask your coach beforehand.

