

Age grid (birth year)

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|---------------|-----------|
| Tiny | 2017-2019 |
| Mini | 2015-2018 |
| Youth | 2012-2017 |
| Junior | 2009-2016 |

Practices

- Practices are mandatory. The success of the team depends on full participation!
- Practice will be held once per week for 1.5 hours throughout the entire season.
- Additional practices may be held throughout the season if necessary.
- Each athlete will receive 3 unexcused absences for the duration of the season. Additional unexcused absences could lead to removal from the team.
- If an athlete has an unexcused absence the week before competition, the athlete could be removed from the team.

Competitions

- Prep teams will have 2 local competitions.
- Coaches will send out competition information (meet times, location, apparel/appearance requirements, etc) in an email.
- Event schedules are released by competition producers the week of competition.
- An unexcused competition absence will result in the immediate removal from the team.