

Friday Practice Exemption Form for Club Aquatics

This form must be submitted to Coach Gray **the day (Thursday) before you plan to exempt by 2:50pm.**
NO EXCEPTIONS.

If practice is missed without this form, normal consequences for missing a practice will apply.

Exempt athletes will still report to the Pool Deck by 7:15 am for attendance. Athletes will be released with the team at 7:30am.

MINIMUM OF 3 PRACTICES REQUIRED TO EXEMPT THURSDAY PRACTICE

Day of Week	Date	Coach's Initials
Friday		
Saturday		
Sunday		
Monday		
Tuesday		
Wednesday		

Athlete's Name: _____

Club Coach's Signature: _____ Date: _____

Club Coach's Name (print): _____

I, _____ (parent/guardian's name) understand my athlete must submit this form the Wednesday prior to the exempted practice. I also understand my athlete must be present at 7:15am, or they will receive the normal consequences for missing a practice.

Parent Signature: _____ Date: _____

I, _____ (athlete's name) understand I must completely fill out and submit this form by 2:40pm to either swim coach to be exempt from practice. I also understand that I still need to be present at 7:15am, or I will receive normal consequences for skipping practice.

Student Signature: _____ Date: _____

****This form must be COMPLETELY filled out in order to be accepted and valid****