



Workout Make-Up Policy

Divers who miss due to illness, injury, academic related activities, or exceptional circumstances are expected to make-up on Saturday's only, with prior notification to the Coaching Staff. They may also make up missed training during the Make-up training time on the schedule. Coaches/specific workouts during the Make Up will be based on availability. Further, the Make Up training session will be a mix of all divers making up a missed workout. Make- ups are not for social reasons or non-academic school functions (games, parties, dances...). Absences and make-ups will be recorded daily.

Weekly Make-up Session:

Learn To Dive and Age Group Team members who miss training due to illness, injury, academic related activities, or exceptional circumstances are expected to come to one of the weekly make-up training sessions. Approximately 4 make-up sessions/month will be scheduled; however, their availability is based on competitions, facility and staff availability. Some busy months may not afford pool time or staff time to offer a make-up session. Coaches/specific workouts during the make-up will be based on availability. Further, the make-up session will be a mix of any level of divers participating. Make-ups do NOT roll over from month to month and should not be used as a routine replacement of another workout time