



Workout Make-Up Policy

Divers who miss due to illness, injury, academic related activities, or exceptional circumstances are expected to make-up on a schedule date by the coach, 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. Make-ups do NOT roll over from month to month and should not be used as a routine replacement of another workout time.