

## **FARMINGTON ROCKETS**

### **ATTENDANCE AND PARTICIPATION POLICY**

Both football and cheerleading are physically intensive and team orientated sports that depend on a high level of physical conditioning and group coordination for success. As such, attendance at every practice is very strongly encouraged by the Farmington Rockets Board and the respective coaching staffs.

#### **ATTENDANCE**

Participants must arrive on time for practice and games. On time means 15 minutes before the required time of arrival. Come to practice properly outfitted and prepared to work hard and play. A participant must be present and participate in at least half of the practice to be considered in attendance. A participant arriving late to practice shall be subject to discipline. Chronic tardiness shall result in loss of playing time or not being able to participate in the game.

#### **ABSENCE POLICY**

Every participant is expected to attend every practice. There are instances where absences from practice may be excused; all of the instances should be discussed with the appropriate Head Coach beforehand whenever possible. A communication must be made by phone call, e-mail, written note, or in person from the parent to the Head Coach.

#### **EXCUSED ABSENCES**

Death in the Family

Child sickness (with doctor's note is required on the 3<sup>rd</sup> day)

Special Event with approval from the Football Commissioner or Cheer Commissioner  
School and Educational Commitments (does not include dances, parties, etc.)

Religious Commitments

Injury (Injured players are expected to attend practice in street clothes)

#### **UNEXCUSED ABSENCES**

Unexcused practices are not tolerated. (Come to practice prepared, carpool, etc.)

Any participant who comes to practice without the proper equipment (helmet, pads, cup, cleats, mouth guard, etc.) will be counted as an unexcused absence.

Being hurt and not participating in practice is an unexcused practice.

Coaches will determine the difference between being hurt and being injured.

Being sent home for disciplinary reasons is an unexcused absence.

If any child incurs three (3) unexcused absences during the year, they are subject to dismissal from the team.

#### **PARTICIPATION POLICY**

To be eligible to participate in the first game, you must meet these requirements; all fees and forms must be turned in. Have a minimum of 5 days of physical conditioning, 5 days in full pads and be in attendance and participate in 4 practices the week of the first game. You also must make your weight limit.

A participant missing one practice (excused or unexcused) may result in limited playing time (at the Head Coach's discretion).

Any participant who misses two practices during the week will not participate in that week's game. (Subject to review by Head Coach and Unit Director)

***FARMINGTON ROCKETS***  
**ATTENDANCE AND PARTICIPATION POLICY**

Attached is the Attendance and Participation document, after reading the document, please sign and return this form to acknowledge that you have read and understand the policy.

Print Participant's Name: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Mother's Signature: \_\_\_\_\_

Father's Signature: \_\_\_\_\_

Team: \_\_\_\_\_

Date: \_\_\_\_\_