



## **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:**

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