

Thursday Practice Exemption Form for Club Swimmers

This form must be submitted to either Coach Prybil or Coach Cox **the day (Wednesday) before** you plan to exempt by **2:40pm. 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 before 7:15 am for attendance.

MINIMUM OF 6 HOURS REQUIRED TO EXEMPT THURSDAY PRACTICE

Athlete's Name: _____

Day of week	Date	Hours of Practice	Coach's Initials
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Monday			
Tuesday			

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 in order 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