

## Aquatic Foundation of Alaska (AFA)

Empowering Alaskans through Water Safety, Education, and Competitive Spirit

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# Attendance & Presence Policy

**Effective Date:** October 10, 2025

**Approved By:** AFA Board of Directors

**Last Reviewed:** October 10, 2025

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## 1. Purpose

The Aquatic Foundation of Alaska (AFA) believes that consistent attendance and active engagement are essential for growth, skill development, and team unity.

This policy establishes expectations for both physical attendance and mental presence at all AFA practices, meets, and activities.

Commitment to showing up — prepared, focused, and ready to contribute — is part of being a Yeti.

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## 2. Scope

This policy applies to all AFA programs and athletes, including:

- Yeti Swim School
- Yeti Youth Competitive Team (Apprentice, Warrior, Gladiator, Gladiator Fit)
- Yeti Legends (Adult Program)

It also applies to coaches, staff, and parents/guardians responsible for supporting athlete attendance and readiness.

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## 3. Policy Statement

All AFA athletes are expected to attend scheduled practices consistently and arrive **prepared to train**.

Absences should be communicated to the coach in advance whenever possible.

Being “present” also means arriving on time, bringing required equipment, and maintaining a **positive, focused attitude** throughout practice.

If an athlete is physically present but mentally disengaged or negatively affecting team culture, coaches may ask them to step off the deck to reset.

This protects the integrity and safety of the training environment for everyone.

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## 4. Attendance Expectations

Athletes are expected to:

- Arrive on deck **at least 10 minutes before practice** for team meetings or dynamic warmups.
- Notify their coach via email or in person if they will miss practice or a meet.
- Plan ahead for school, work, or travel conflicts.
- Participate in all assigned practices, meets, and team events when available.
- Communicate early about absences due to illness, injury, or personal matters.

Coaches track attendance to help assess progress, readiness, and team engagement.

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## 5. Absences

Absences are classified as:

- **Excused** — Illness, injury, family emergency, academic commitment, or pre-approved travel.
- **Unexcused** — Failure to notify the coach in advance or missing practice without communication.

Repeated unexcused absences may result in reduced training opportunities, loss of meet eligibility, or a conference with the athlete, coach, and parent/guardian.

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## 6. Commitment and Team Impact

Each athlete's attendance affects not only their own growth but also the success of their teammates. Consistency builds rhythm, trust, and accountability — the foundation of team excellence.

AFA recognizes that athletes have school and personal obligations, but expects clear communication and commitment to the schedule each season.

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## 7. Coach and Parent Roles

- **Coaches** are responsible for maintaining attendance records, communicating expectations, and supporting athlete accountability.
  - **Parents/Guardians** should reinforce commitment, encourage communication, and help athletes balance school, rest, and training.
  - **Athletes** should take ownership of their attendance and mindset — showing up ready to learn and contribute.
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## 8. Mental Presence

True presence extends beyond being physically in the pool.

It means engaging with focus, respect, and effort.

Disruptive or negative behavior during practice or meets will not be tolerated.

Athletes who repeatedly fail to demonstrate focus or sportsmanship may be temporarily removed from the session to reset or meet with the coach before returning.

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## 9. Accountability

Failure to meet attendance expectations or maintain presence standards may result in:

- Verbal or written reminders.
- Temporary removal from practice to refocus.
- Meeting with coach and parent/guardian to reestablish goals.
- Adjusted meet eligibility or performance evaluations.

The intent is always **growth and consistency**, not punishment.

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## 10. Policy Review

This policy will be reviewed annually by the **AFA Coaching Staff** and **Board of Directors** to ensure fairness, clarity, and alignment with AFA's mission and values.

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### Footer

**Aquatic Foundation of Alaska (AFA)** — *Promoting safety, excellence, and inclusion through the power of water.*

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