

**Swim. Laugh. Grow. Succeed....**

**for life.**

## **Barracuda Aquatics Club**

**(member of Blackline Aquatics)**

### **Practice Attendance Policy**

How often a swimmer attends practice depends on both their age, experience and the group level with which they swim. BAC does not have attendance requirements, but the coaches do have recommendations at each level. We encourage athletes to attend practice consistently at all levels within the program. If there are two recommendations, the goal is to stay consistent and not have long periods of absence.

#### **DEVELOPMENTAL**

1st Season	Swimmers are encouraged to make two to three practices each week.
Past 1st Season	Swimmers are encouraged to make three practices each week.

#### **AGE GROUP**

1st Year under the age of 11	Swimmers are encouraged to make 80% per month and at least three practices each week.
Ages 11 & Over	Swimmers are encouraged to make 90% per month and three to four practices each week.

#### **JUNIOR**

All	Swimmers are encouraged to make 90% per month and four to five practices each week.
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#### **SENIOR**

13-14 Year Olds	Swimmers are encouraged to make 90% per month and four to five practices each week.
15 Year Olds	Swimmers are encouraged to make 90% per month and five to six practices each week.
16-18 Year Olds	Swimmers are expected to have decided on swimming as the main activity that they are going to pursue and strive for excellence. They are expected to attend 100% per month and five to eight practices each week.