

## MISSED PRACTICE POLICY

- If you are going to miss practice, you must notify a coach **before practice begins**. You should use the Remind App first and also email. If this does not happen then it will be considered an unexcused absence.
- If you are absent from school, you must show your position coach your excuse from the office the next day.
- If a player misses 3 unexcused days of practice, he may be removed from the team.
- Consequences for unexcused absences are as follows:
  - 1<sup>st</sup> unexcused = post-practice activities
  - 2<sup>nd</sup> unexcused = ½ game/scrimmage suspension
  - 3<sup>rd</sup> unexcused = full game/and may be removed from the team
- If an athlete is suspended either in-school or out-of-school, or is academically ineligible, they will not be permitted to attend any team functions (practice, games, etc.) until they are eligible or until the suspension is over.
- Family vacations should not occur during football season. Although they are not considered unexcused absences, there will be consequences for missing practices/games because of family vacations.
  - Missing 2 practices = ½ game/scrimmage suspension
  - Missing 3 or 4 practices = full game/scrimmage suspension
  - Missing 5 or more practices = 2 game/scrimmage suspension minimum
- Excessive absences from practice of any kind may result in suspension from the team or removal from the team.

## CONTACT INFORMATION (Varsity/JV Staff)

### Use the Remind App first

Coach Braidon – [braidonj@eastonsd.org](mailto:braidonj@eastonsd.org)

Coach Ordway – [ordways@eastonsd.org](mailto:ordways@eastonsd.org)

Coach Falcone – [falconeb@eastonsd.org](mailto:falconeb@eastonsd.org)

Coach Gaumer – [gaumerb@eastonsd.org](mailto:gaumerb@eastonsd.org)

Coach Palos – [palosm@eastonsd.org](mailto:palosm@eastonsd.org)

Coach Heimbach – [heimbachm@parklandsd.org](mailto:heimbachm@parklandsd.org)

Coach Baltz – [baltzm@eastonsd.org](mailto:baltzm@eastonsd.org)

Coach Jones – [jonesd@eastonsd.org](mailto:jonesd@eastonsd.org)

Coach Myers – [jarridmyers94@gmail.com](mailto:jarridmyers94@gmail.com)

Coach Lamas – [lamass@eastonsd.org](mailto:lamass@eastonsd.org)

Coach Phillips – [mphillips@nhvweb.net](mailto:mphillips@nhvweb.net)