

## G-FORCE HAWKS REC CLASS ATTENDANCE POLICY

Attendance will be taken for all rec classes attended by Hawk Squad members. A class can be switched for another if a problem arises during the week but only if it is discussed with the coach or the front desk person. **A CLASS CAN ONLY BE MADE UP IN THE SAME WEEK IT WAS MISSED.**

If an athlete misses his/her tumbling class without proper notification (see attendance policy), the following actions may be taken at the next practice for each class missed that week:

- 50 handstands
- 50 back handsprings
- 20 back tucks (50 if tramp is used)
- 20 passes

These will be done **BEFORE PRACTICE**. If not, they will be added up until they are done.

If the coach decides too many classes have been missed or the makeup has not been made, the athlete may be pulled from parts of the routine.

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I, \_\_\_\_\_, understand and agree to the G-Force Hawks class attendance policy and agree to the consequences described above.

Parent \_\_\_\_\_ Date \_\_\_\_\_

Athlete \_\_\_\_\_ Date \_\_\_\_\_