

Tiger Aquatics – SENIOR GROUP
Fall 2011 – Spring 2012
Planned Makeup Workout

COMMITMENT · RESPECT · COMMUNICATION · INTENSITY

Swimmers in the Tigers senior group must make every effort to attend the minimum attendance requirement for the group and their personal attendance goals. On occasion there may be unavoidable external factors that may prevent a swimmer from attending practice. On these occasions the senior must plan and execute a sufficient makeup workout that has been approved beforehand by the senior coach. No makeup workout will ever be more valuable than the planned Tigers workout, however these makeup workouts can help supplement our regular training when missing a practice is unavoidable.

Name: _____ Date of Missed Workout: _____

Reason for Missing Workout:

Planned Makeup Workout:

Swimmers Signature: _____ Date: _____

Coaches Signature: _____ Date: _____