**Wildcat Sailing Regatta and Attendance Policies**

*Practices*

* Sailors shall attend ALL practices in which they are assigned, and be on time, ready to sail.
  + Sailors shall notify a coach at least 24 hours ahead of a planned absence, or as soon as reasonably possible for an unplanned absence.
* To be eligible to compete in a regatta, sailors must attend both practices the week before a regatta OR three of the previous four practices.
  + Coaches may at their discretion may allow athletes to compete without the minimum required practices but are under no obligation to do so.
* Each varsity sailor is responsible for volunteering for one middle school practice during the spring season. Practices are Mondays, 4:00-6:30pm, starting March 14th. Sign-ups will be posted at the first varsity practice.
* Any unexcused absence may result in disciplinary action, including but not limited to team deduction, loss of race time, and removal from the team.

*Regattas*

* All athletes are required to attend all Oak Harbor and Anacortes regattas (Islands Cup, Oak Harbor Team Race, and Ranking Regatta #3).
* Varsity athletes are required to attend a minimum all Ranking Regattas, District Championships, and two of the following: North Regionals, Combined Division, and Bellingham Fleet Race.
* JV sailors are required to attend a minimum of one non-Anacortes or Oak Harbor regatta (North Regionals, Combined Division, CYC Fleet Race, Silver Fleet Race Championships)
* Any exceptions to these rules must be requested no later than February 25th at the end of practice.­ All decisions on regatta attendance exceptions will be available to sailors via email no later than March 4th at the end of practice.