

CVHS Swim/Dive Team Club Practice Log



Name: _____

Attendance For the Week of: Monday _____

Date of Submission: _____

Coaches: Please sign/initial only on days of swimmers/divers attendance. If you have any questions feel free to contact us at:

Jan Sakonju:	jskaonju@gusd.net	Varsity Boys
Robert Miller:	rlmiller@gusd.net	Varsity Girls
Scott Thacker	coachthacker@hotmail.com	JV Boys / Diving
Adam Kantor	akantor@oxy.edu	JV Girls

Club athlete requirements:

- 1) Athletes are required to practice with the CVHS swim team **every Monday**.
- 2) During weeks where CV has multiple meets (3 or 4), club swimmers may choose to remain with their club teams during those days. Athletes will **need to notify** their school coach and arrange ahead of time. Communication is key!
- 3) Club athletes are required to have their club coach sign a weekly attendance sheet **every Friday** (or daily per your coaches preference) verifying their attendance during that week. Sheets are **due the following Monday** at the beginning of 6th period or your practice.

Date	Yardage	Signature
Mon _____		
Tues _____		
Wed _____		
Thurs _____		
Fri _____		

Any additional Comments: