





RED ZONES

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- Practices noted as RED ZONE do not allow for ANY absences, NO excuses, ZERO exceptions.
 - RED ZONES are the week leading up to a regularly scheduled competition.
 - This will be any/all practice from SUNDAY – FRIDAY prior to the competition weekend
 - Some competitions will have EXTENDED RED ZONES. SEE NEXT PAGE.
 - After March, replacement of an athlete that was out the week prior to competition will be up to the discretion of the coach.



****Please note due to COVID-19, Attendance policies have changed. DO NOT ATTEND PRACTICE EVEN DURING RED ZONE IF YOU HAVE ANY SYMPTOMS.**

