

Aquatic Cohesion Attendance Policy

Edition 12-F: As Ratified by the Mangler Council of Elders

I. Purpose

This policy exists to promote relentless punctuality, aquatic solidarity, and the mystical synchronicity of flip turns. Absences will only be tolerated under extreme duress, or if accompanied by baked goods.

II. Definitions

1. Attendance: The act of arriving poolside at or before the designated workout time, goggles in hand, excuses drowned.
2. Absence: A conspicuous void in a lane, causing ripple effects in both water and morale.
3. Excused Absence: A carefully curated and ceremoniously approved reason for not submerging one's body with the group.
4. Unexcused Absence: Skipping practice without permission, ritual, or plausible aquatic justification (e.g., "It was raining.")

III. Expectations of Attendance

- Swimmers are expected to arrive no later than the final length of the first person's warmup.
- "Fashionably late" is not recognized in chlorine-based environments (unless your name rhymes with Shark Macy)
- Leaving early without a doctor's note, signed waiver, or dramatic cramp is frowned upon unless masked by "having a thing."

IV. Absence Approval Protocol (The Splash Bureaucracy)

1. Submission of Absence Notification (Form SWIM-404):

- Must be floated to the Committee Chair at least 48 hours in advance, written in waterproof ink or carved onto a kickboard.
- Verbal requests are not valid unless accompanied by interpretive splashing.

2. Tiered Review Process:

- Committee evaluates request based on:
 - Your attendance karma.
 - Whether you led the last team cheers.
 - Whether your absence will force someone to swim alone in lane 6
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3. Peer Confirmation:

- One lane-mate must vouch for your reason via synchronized freestyle or aquatic haiku:
“Fog on water swirls,
You are missed in lane today,
Pull buoy sits alone.”

4. Final Approval:

- Committee will approve by nodding solemnly, squinting into the pool lights, and muttering “

V. Valid Reasons for Excused Absence

- Shark attack (with documented bite).
- Family emergency involving other aquatic mammals.
- Scheduled shoulder surgery (bonus points for timing it between taper and holiday training).

- Existential dread so profound it renders you neutrally buoyant

VI. Invalid Reasons (Unexcused)

- “Too cold.”
- “Didn’t want to get wet.”
- “Traffic was bad”
- “I worked out yesterday.”

VII. Absence Consequences

- 1st Offense: Assigned to lead the 1,000-yard warm-up without fins or friends.
- 2nd Offense: Banned from choosing music
- 3rd Offense: Relegated to lane 8 with the 13-year-olds who butterfly everything.
- 4th Offense: You will be chased by a snorkeled intern yelling “Accountability!” during every recovery set.

VIII. Appeals Process

Swimmers may appeal their unexcused absence by completing a 500 IM for time while reciting the names of every Olympic gold medalist in chronological order. A committee of lifeguards and annoyed teammates will judge sincerity and stroke technique.

IX. Exceptions

Swimmers bringing donuts, coffee, or post-workout pancakes may receive automatic forgiveness. Bribes must be presented with a smile and shared equally across lanes.

Remember: Every missed practice is a missed opportunity to talk about how hard the last set was.