



# ABSENCE REQUEST FORM

I AM A MEMBER OF A TEAM, AND I RELY ON THE TEAM, I DEFER TO IT AND SACRIFICE FOR IT, BECAUSE THE TEAM, NOT THE INDIVIDUAL, IS THE ULTIMATE CHAMPION.

PLEASE COMPLETE ONE FORM PER REQUEST – IF YOU WILL BE MISSING MULTIPLE DIFFERENT DATES PLEASE HAND IN MULTIPLE FORMS.

Athlete Name: \_\_\_\_\_ Date: \_\_\_\_\_

Team: \_\_\_\_\_ Coach: \_\_\_\_\_

**REQUESTING TO BE ABSENT: (Form must be turned in 2-3 weeks prior to absence)**

BEGIN DATE: \_\_\_\_\_ END DATE: \_\_\_\_\_

ANTICIPATED NUMBER OF TEAM PRACTICES MISSED: \_\_\_\_\_

## REASON

**Understanding that absences are excused/unexcused as follows:**

### Excused Absences:

Contagious Illness  
School function that affects grade  
Death in the family  
Vacation during the summer

### Unexcused Absences:

Injuries  
Traffic  
Too much homework  
Feeling tired  
Don't have a ride

### Excused Absences (w/ 2 week notice):

Religious Observance  
School Dance  
School cheerleading or any other sport\*  
\*Must give coaches practice & game schedule at the beginning of season.

**I am requesting absence from practice for the following reason:**

School Activity: \_\_\_\_\_

Vacation: \_\_\_\_\_

Other: \_\_\_\_\_

1. I understand that all-star cheerleading is a team sport and that I have committed to being a part of a team.
2. I am aware that my absence can and will impact my entire team's practice. I understand that my stunt and pyramid groups will not be able to practice as a result of my absence.
3. I promise to learn any new or changed choreography prior to my team's next practice.
4. I understand that unapproved absences may jeopardize my position on my team.

X \_\_\_\_\_  
Athlete Signature

X \_\_\_\_\_  
Parent Signature

X \_\_\_\_\_  
Coach Signature

Approved: Yes No

Comments:

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**NO ABSENCES WILL BE APPROVED FOR THE WEEK BEFORE ANY COMPETITION!**