

## **Lettering Policy**

### **Diving:**

Have three or fewer unexcused absences      **AND**

- |   |           |   |
|---|-----------|---|
| 1. Score 150 points or more<br>twice with a 6-dive list during<br>the season AND have a legal<br>11 dive list with at least 2 dives<br>of 2.0 difficulty or higher. | <b>OR</b> | 2. Place in the top 16<br>at varsity sections |
|---|-----------|---|

### **Swimming:**

Have three or fewer unexcused absences      **AND**

- |  |           |   |
|--|-----------|---|
| 1. Achieve one or more time standards: | <b>OR</b> | 2. Place in the top 16<br>at varsity sections |
| 200 Freestyle    2:08.60               |           |   |
| 200 IM            2:27.30              |           |   |
| 50 Free            :25.68              |           |   |
| 100 Fly            1:06.24             |           |   |
| 100 Free           :56.25              |           |   |
| 500 Free          5:47.40              |           |   |
| 100 Back          1:07.87              |           |   |
| 100 Breast        1:13.11              |           |   |

### **Other considerations for lettering:**

In the coach's discretion, athletes may letter if:

1. The athlete consistently shows outstanding attitude, work ethic, and/or leadership quality
- OR**
2. If an athlete has been on the team for 4 or more years.
  3. Perfect Attendance

If an athlete has disciplinary issues at school or with the team, they will forfeit a chance to earn a letter. Just because an athlete lettered in a previous season, they do not automatically earn a letter for the current season.

**LETTERING IS ULTIMATELY AT THE COACH'S DISCRETION.**