

# L'ANSE CREUSE NORTH – CRUSADERS

## GIRLS SWIMMING

### VARSITY LETTER STANDARDS

- For a team to be successful, it must have common goals and maximum participation by everyone involved.
- **During the season, you are permitted to miss a total of six (6). All afternoon, Monday morning and Saturday practices are mandatory, Wednesday and Friday morning practices are optional. After the seventh absence you will be asked to leave the team.** If you have to miss a practice, I will expect a note or a phone call from your parents explaining why you missed practice. No Varsity Letter will be awarded to any swimmer that does not maintain proper attendance.
- **If you do not swim practice, skip practice, leave practice early, or come to practice late, I reserve the right not to enter you in a meet for that week. This is a team, and I expect everyone at every practice.**
- Team events (i.e. meets, pictures, etc.) **WILL NOT** be rescheduled due to an absence of any swimmer for any reason.
- If you are late for the start of practice, I reserve the right to deduct points that you have earned towards your letter. The amount of points deducted will depend on how late you arrive or how early you leave.
- If you are not at practice, I will be calling home to find out why you are not at practice.
- **NOTE FOR SWIMMERS:** I do keep track of when you come into practice late, or leave early, this does affect your attendance. **PRACTICE STARTS AT 2:40 P.M** (that means in the water ready to go!) and **ENDS WHEN WE ARE FINISHED!** We are trying to make you the best swimmer possible, and if you are not at practice you will not excel.

### **METHODS OF EARNING YOUR VARSITY LETTER**

- 25 points earned in swim meets during the season.
- Diver's must earn 21 points, finish top 10 at county meet, and/or top 8 at league meet (2 out of 3 must be met in order to qualify)
- Diver's automatic qualification is top 6 at county, top 4 at league and/or qualification for Diving Regionals.
- Automatic Varsity letter for finishing in the top 12 at County or league meet in an individual event.
- Swimmers and divers can obtain a VARSITY LETTER by achieving the following time standards or diving average:

<b>200 FREE</b>	<b>: 2:21.99</b>
<b>200 IM</b>	<b>: 2:39.99</b>
<b>50 FREE</b>	<b>: 29.69 (GUN START ONLY)</b>
<b>DIVING</b>	<b>: 2 meet average of 160 pts. or better</b>
<b>100 FLY</b>	<b>: 1:17.59</b>
<b>100 FREE</b>	<b>: 1:05.69</b>
<b>500 FREE</b>	<b>: 6:29.99</b>
<b>100 BACK</b>	<b>: 1:17.59</b>
<b>100 BREAST</b>	<b>: 1:23.69</b>

- Upon completion of 3 full years of dedicated practice and participation a swimmer can earn a Varsity Letter.
- REMEMBER -- The Coach will make the FINAL decision.
- GOOD LUCK
- **To win TEAM Championships, it takes a TEAM!**
- **Success depends on what is done, not what is said!**
- **DON'T BE INTIMIDATED; BE INTIMIDATING!!**

**COACH OWENSBY**

Swimmer's Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_