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Sunlake High School
Seahawk Swimming and Diving Team
Eligibility Requirements and Letter Standards

1. A student must be academically eligible to participate (unweighted 2.0) and/or to be considered for any awards.
2. Students that do not meet the established criteria for a letter will receive a participation certificate.
3. Swimmers and divers must exhibit sportsmanlike conduct during practice, meet, and team activities. Foul language, inappropriate behavior, and/or the use of drugs, alcohol, or tobacco will be cause for suspension or dismissal from the team. Parents will be notified if this should occur.
4. Attendance Policy:
 - a) Swimmers and divers will be on time to practice and plan to swim/dive the entire practice set unless previous arrangements have been made with a coach.
 - b) Please contact the Coach directly to inform him/her of your absences.
 - c) Three unexcused tardiness, incomplete practice, and/or absences will possibly result in ineligibility to compete.
 - d) Club Team Swimmers and Divers must attend Tuesday practices.
 - e) Coaches must be advised when an athlete does not attend school because of illness or ISS/OSS. The student may not attend practice or participate in a meet on that particular day.
5. For all away meets where transportation by bus is required, athletes with personal vehicles may drive themselves and a sibling ONLY to and from the meet. Athletes may leave with their parents at the conclusion of the meet only if parents sign them out with the coaches.
6. Any athlete who is injured or ill during the course of the season to the extent that such an absence interferes with attendance requirements must submit a physician's statement.
7. To EARN a letter in Varsity Swimming or Diving, the athlete must

- * Participate in 80% of practices and team activities/fundraisers
- * Achieve at least 2 of these time standards:

WOMEN	EVENT	MEN
2:29.20	200 FREE	2:15.23
2:55.08	200 IM	2:39.72
:29.99	50 Free	:27.43
1:19.63	100 FLY	1:10.75
1:09.59	100 FREE	1:03.12
6:47.41	500 FREE	6:07.38
1:19.97	100 BACK	1:10.86
1:29.06	100 BREAST	1:20.11

- * Divers must successfully perform two dives in each category.

8. All athletes are expected to assist in setting up for practice/meets and cleaning up afterwards. Responsibilities will be rotated between designated groups. Athletes, not parents, are required to check in with one of the coaches before leaving to make sure all jobs are complete.

All athletes will be expected to participate in the County and District meets unless directed otherwise by the coaches. Failure to do so will result in ineligibility to letter.

I have read these requirements and understand their meaning.

Athlete's signature and date

Parent's signature and date

Phone number