**2023 Spruce Creek Swim Team Lettering Policy**

Receiving a Spruce Creek Swim Team Varsity or Junior Varsity letter requires a “Varsity Attitude” – above average commitment to the team’s goals, to the sport of swimming, and to individual improvement. The following policies are designed to encourage Creek swimmers to set goals and to persevere in order to earn a Varsity letter.

To receive a Varsity letter, a swimmer must earn 6 points, with at least two from the first column and one from the second column. To receive a Junior Varsity letter, a swimmer must earn 3 points, with at least one from each column. Swimmers in good standing throughout the season but who earn fewer than 3 points or do not earn a point from each of the columns will receive a Certificate of Participation.

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| COMMITMENT – All worth 1 point | ACHIEVEMENT  |
| Attendance at all meets and team events in their entirely | Top 16 in individual event at 5-Star = 1point for each top 16 |
| Attend 15 of the 17 practices held before Aug 14 | 2% improvement in 2 events\* = 2 points |
| Fewer than 4 excused absences | NISCA Power Point at 55 level = 1 pointNISCA Power Point at 100 level = 2 points |
| Completed Times and Goals sheet | Top 16 in individual event at District = 2 |
| Completed swim journal | Top 8 in relay event at District = 1 |
| Unweighted 1st quarter GPA > 3.5 | Top 16 in individual event at Regionals = 3 |
| 4th year swimmer | Top 8 in relay event at Regionals = 2 |
| Captain | Make State = 4 |

Notes:

\*The 2% time improvements are based on improvements from the swimmer’s fastest 2022 high school times. For new swimmers, the 2% time improvement is based on improvement from his or her times in events the first time swum in 2023. Submit the two improvement worksheets posted on the team website for verification.

***Each swimmer and parent should sign below to show acceptance of the Lettering Policy.***

 Swimmer name (printed) Swimmer signature

Parent name (printed) Parent signature