

130 points are required to earn a varsity letter.

You may earn points in the following ways:

- 1 point for each practice attended. You must be on time and stay for the entire practice.
- 4 Points for every meet attended.
- 5 points for each year that you have been a member of the FRHS Swimming and Diving Team.
- Points scored in individual events in meets (dual meets 1st= 6 points, 2nd= 5 points, 3rd= 4 points, 4th= 3 points, 5th= 2 point, 6th place=1 point. Invitational and Conference meets points vary, usually 1st= 20 points, 16th= 1 point).
- 5 points if you participated in the off season training program.
- 5 points for participation in the Team Bonding Retreat.
- Swimmers must participate in the Conference Swim Meet in order to earn a letter. A Cut=4 points for Meet Points
- 5 points for a Coaches Invite time standard achieved during the high school swim season.
- 10 points per swim event or 30 pts per dive event a State Qualifying time standard is achieved.

3rd Quarter GPA:

3.80 or higher	= 15 points
3.50-3.79	= 10 points
3.0-3.49	= 5 points

You will lose points in the following ways:

- 0 points for illness or pre-excused absence. (Must have notice from parent or swimmer ahead of time or have called school attendance office.)
- -1 point for an excused absence with no notice ahead of time.
- -1 points for being late to practice unexcused.
- -3 points for an unexcused absence from practice.
- -4 points for an unexcused missed meet or leaving a meet early that a swimmer was requested to attend.

You will not earn a letter if you meet any of the following conditions:

- More than 5 unexcused absences.
- More than 2 meets missed for an unexcused reasons
- Removal from the team before the end of the season.

****FRHS Swim/ Dive Coaches reserve the right to adjust this policy at their discretion.****