

# HIGHLAND HIGH SCHOOL SWIMMING LETTERING POLICY

1. The athlete must remain academically eligible, as defined by Highland High School, from the official start date of the sport till the end of your last event of the season.
2. The athlete participates in all swim meet/and swim events asked by the Coach. There are exceptions from rule. Those being, but not limited too, Absent from School, Grievance, and Injury.
3. The athlete must follow all guidelines set forth by both the Highland High School Student Handbook and Highland High School Athletic Handbook.
4. The Athlete must achieve at least 2 times from Group A time standards or 1 times from Group B times. Group A time standards are the average of NCC 10<sup>th</sup> place times and Sectional 20<sup>th</sup> place times, while group B is the average of 5<sup>th</sup> and 10<sup>th</sup> place of those respective meets.

<b>GIRLS</b>	<b>Group A</b>	<b>Group B</b>
200 free	2.27.0	2.14.0
200 im	2.47.0	2.31.0
50 free	29.17	27.5
100 fly	1.18.0	1.09.0
100 free	1.04.0	59.79
500 free	6.38.0	6.06.0
100 back	1.18.0	1.10.0
100breast	1.25.0	1.19.0

<b>Boys</b>	<b>Group A</b>	<b>Group B</b>
200 free	2.10.0	1.55.0
200 im	2.28.00	2.12.0
50 free	25	23.3
100 fly	1.04.0	59
100 free	57	51.5
500 free	05:58.0	5.23.0
100 back	1.09.0	1.01.0
100breast	1.17.0	1.07.0

5. The athlete may incur time bonuses depending on their attendance percentages. Athletes whom have attendance of 97-100% will receive a 3 second time bonus for each event. 94-96% will receive a 2 second time bonus and 91-93% will receive a 1 second time bonus.
6. With the time standards and bonus times included to each individual athlete, there will only be excused absences for reasons that are explained further in this handout. Each athlete will be aware of what it takes to achieve their letter, and will be responsible for making the practices to achieve these goals.
7. Juniors and Senior who have been on the team for a minimum for 2 years and are showing a level of leadership that is expected of upper classman maybe lettered at the coaches discretion, if the times standards are not met.
8. Being that this is a new policy, sophomores' for the 2010-2011 season, whom swam and lettered the previous season, may be lettered at the coaches discretion. However, this will be the only year that they will be grandfathered in.

I have read and reviewed the letting policy, team rules and practice dates with my Daughter/Son. I understand these guidelines in their entirety and will uphold them. I am also aware of the parents meeting on 11/10/2009 at 5:30 in the LGI.

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Parents Signature

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Athletes Signature