**Marysville-Getchell/Pilchuck Girls Swim & Dive**

**Lettering Policy 2018-19**

An athlete must finish the season in good standing to be *eligible* for a Varsity Letter.

The requirement for *earning* a Varsity Letter is 150 points, or by Head Coach’s discretion.

Points may be earned in the following ways:

1. **Establishing a personal time/score in any new event will earn you 2 pts.** You are encouraged to establish a time/score in every event. There are 8 individual swimming events, 3 diving events, and 5 relay spots for which a time/score can be established. Maximum possible: 32 pts

2. **Improving your best time/score in an event will earn you 1 pt.** You may compete in up to 4 events per meet, and there are 11 meets during the regular season (not counting Districts or State). Maximum possible: 44 pts

3. **End of the season Level of Performance (L.O.P.) points** (variable – see attached). These points will be added to your total at the end of the season based on your best time/score. This is why it is so important to establish a time/score in EVERY event. Divers will earn 10% of their best 3, 6, and 11 dive scores.

4. **Attendance:** All practices you attend during school days will be tallied and divided by 2. This total will be added to your points at the end of the season. Maximum possible: 18 pts

5. **Non-school day practices are worth extra points:** *First 2 weeks - AM/PM practices are worth 1pt each* Making **ALL** summer practices will earn you a 15pt. bonus! Other non-school day practices = 3pts each Maximum possible: 41 pts

6. **Achieving any District Qualifying Standard will earn 15 pts.**

7. **Achieving any State Qualifying Standard will earn 75 pts.**

8. **New Varsity Records will earn 100 pts.**

9. **Every point you score in a dual meet will go towards your total.**

10. **Points earned in Championship Meets will be multiplied accordingly, and added to your total:**

 JV Champs points x2 / District points x5 / State points x10

11. **Setting/Equaling or Breaking a burn-out average will earn 5 pts.** This is a test set of 10 x 100 yards on 3:00. You must complete the set to earn the points.

12. **First Quarter G.P.A (**rounded to the nearest .1) will earn points accordingly:

 15 pts = 4.0 5 pts = 2.9 – 2.8

 10 pts = 3.9 – 3.8 4 pts = 2.7 – 2.6

 9 pts = 3.7 – 3.6 3 pts = 2.5 – 2.4

 8 pts = 3.5 – 3.4 2 pts = 2.3 – 2.2

 7 pts = 3.3 – 3.2 1 pt = 2.1 – 2.0

 6 pts = 3.1 – 3.0