**AMHS Girls Swim & Dive Lettering Guidelines**

This program is based on a philosophy of both individual and team effort and improvement. As your coaches, our goal is to help you to reach your goals both in and out of the pool.

A varsity letter is a symbol of accomplishment and achievement within a sport. For us, it signifies excellence both in and out of the pool. To be eligible, you must have scored at least 18 points during the season between individual events and relays. You will lose 5 points towards your letter for every 3 practices missed beginning 8/30/19. If you make 95% of practices during the regular season from this date, you will be given an additional 10 points towards lettering. Earning points will not guarantee you a letter. Below, you will find the additional guidelines to be eligible to receive a varsity letter. These also serve as the guidelines for your participation in the program. The award of a varsity letter will always be at the discretion of your coaches, who may choose to award a letter to any individual who shows exceptional effort, dedication, sportsmanship, and represents our program well.

**Attendance**

* Practice
  + You must attend practice. Your attendance is crucial to both your development and your team. If for some reason you need to miss practice, let your coaches know ASAP. It is understood that you have other obligations outside of swimming. However, it is up to you to make swimming a priority. *If you consistently miss practice you will not be eligible to letter.*
* Meets
  + Your attendance is required at all meets. You must attend practice the day before a meet to be eligible to swim.

**Attitude & Effort**

* You are expected to put forth your best effort at practices and meets. You are not expected to be perfect, or to understand or perform perfectly on your first or your thousandth attempt. You are expected to maintain a good effort and work towards continuous improvement.
* Whether you are swimming your favorite event or your least favorite event, you are expected to put forth your best effort for yourself and your team. Look at every race and practice as an opportunity, not a punishment. You are choosing to be here, and we want you here.
* Be a team leader. Every individual is capable of being a leader. Step up when you see the opportunity and help to lift your teammates up both in and out of the pool. Ask for help when you need it, and don’t be afraid to help your teammates.
* Have fun! Ultimately, the reason we are all here is to have fun, don’t forget that!

**Eligibility**

*You must maintain your eligibility for the entirety of the season. If for any reason you become ineligible to participate in athletics at any point in the season, you will not be eligible for a Varsity letter.*

* Grades
  + All rules and guidelines to be academically eligible to participate in athletics from your student handbook apply. This is the absolute minimum required to participate.
  + As a team, our goal is to maintain a GPA of 3.5. While this is a lofty goal, it is intended to help you learn to utilize the resources available to you. If you need help, ask your teachers, classmates, coaches, or any other resource available to you. We are here to help and support you.
* Conduct
  + All rules and guidelines pertaining to your athletic eligibility in your student handbook apply.
  + You are expected to display good sportsmanship at all times. Be the team that others want to compete against. Poor or mediocre sportsmanship will not be tolerated.