



Letter requirements:

First and Second year swimmers (As designated by Jay and JD at the beginning of the season)

1. 95% Practice attendance
2. 100% Meet attendance
3. Measurable improvement throughout the season - 10% drop in time for main events from beginning to end of season
4. Coaches discretion

Third and Fourth year swimmers (As designated by Jay and JD at the beginning of the season)

1. 95% Practice attendance
2. 100% Meet attendance
3. 45 team points accumulated throughout the season (Championship meet points count triple - BOCO, League, and State).
4. Coaches discretion

USA Swimmers

1. 95% Mandatory Monday Practice attendance
2. 100% Meet attendance
3. 95% attendance at all Team functions
4. 45 Varsity points throughout the season (Championship points count triple - BOCO, League, and State)
5. Top 12 finish at League Championships
6. Coaches discretion