

# **LBJ Swimming and Diving**

## **Requirements for a Varsity Letter**

To receive a Varsity Letter swimmers must:

1. Achieve a minimum of 60% attendance of all regularly scheduled practices.
  - Absences will be excused for official school sponsored activities or medical reasons (with a physician's note) only.
  - Practicing with a club team is not an excused absence.
  - Sleeping in because you have a big test that day is not an excused absence.
  - Missed practices where there is questionable weather circumstances (as determined by the coach) will not be counted against anyone.
  - Missed "optional" practices will not be counted against anyone.
2. Attend and participate in scheduled competitions up to and including the highest championship meet for which they qualify. \*\*\*
  - Swimmers who qualify for District, Regional, or State meets in either an individual or relay event must swim in that meet to receive their varsity letter.

\*\*\*Swimmers who fail to attend a minimum of 75% of the regularly scheduled meets for which they qualify will not be entered in the District Championship meet and will be ineligible for any further championship competitions. Therefore, they will also be ineligible for a varsity letter.

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## Requirements for those taking the Swimming class for PE credit:

### Grading Procedure:

Attendance and participation will be the base for all grades. As in any other class at school, daily attendance is required.

#### 1. Daily Grades 75%

A grade of 100% will be given as a daily grade for each regularly scheduled practice that you attend and participate in fully.

A grade of 75% will be give for each practice that you attend but do not fully participate without a physician's note (Coach, I forgot my suit, etc.)

#### 2. Test Grades 25%

A test grade of 100% will be given for any regularly scheduled meet that you attend and participate in fully.

A test grade of 75% will be given for any regularly scheduled meet that you attend but do not participate in without a physician's note.

#### 3. Other notes

Grades will not be based on your times achieved or how many people beat you, etc.

Competitions that you do not achieve a qualifying time for will not be counted against you.

Excused absences are those which would be an excused absence from any other school class.

Our meets are our class tests. Missing a meet for another extracurricular activity is NOT an excused absence.

Swimmers who become academically ineligible to compete per UIL and District policies are still expected to attend this class

Students who do become academically ineligible will not have missed meets counted against them.

**Coach Cardinale realizes that emergencies do arise. The benefit of the doubt will be given to the swimmer whenever possible. However, participation is the key to team and individual success.**