

Black Hawk Swimming & Diving Varsity Letter Criteria



In order to build a competitive and goal oriented environment the coaching staff has compiled the following standards to earn a varsity letter. All members of the team are eligible to earn a varsity letter, provided they meet the following criteria:

- 1. Positive Attitude & Work Ethic.**
- 2. Practice Attendance:** Attendance at no less than 90% of all scheduled practices. Any athlete that arrives late or leaves practice early, for any reason will receive only partial credit towards that workout. Extended illnesses/injuries will be considered on an individual basis.
- 3. Meet Attendance:** Athletes must compete in 100% of all scheduled dual meets, invites, and league championships. If you are not in school as a result of illness on the day of a meet, then it is not expected that you attend that meet and rules will be waived.
- 4. Swimmers must achieve 2 of the following goal times:**

Event	Goal Time
200 Free	2:11.43
200 I.M.	2:26.84
50 Free	:25.39
100 Fly	1:05.76
100 Free	:55.97
500 Free	5:57.52
100 Backstroke	1:08.18
100 Breaststroke	1:14.50

- 5. Divers must complete:**
 - a. Compete a successful/safe legal 6 dive list in the Dual Meet season
 - b. Compete a successful/safe legal 11 dive championship list by the end of the year at League meet, Regionals, or State.
- 6. Successful Completion of Season.**

- ❖ Please note that sometimes special circumstances occur that cannot be foreseen and for that reason the head coach has at his discretion the ability to modify these requirements if needed.