
**2015-2016 RANDOLPH HIGH SCHOOL SWIM TEAM
VARSITY LETTER WINNER REQUIREMENT:**

1. **100% ATTENDANCE RECORD TO PRACTICE SESSIONS FOR THE ENTIRE SEASON: BEGINNING November 9th to February 28th. PLEASE LOOK AT THE 15-16 RHS SWIM TEAM SCHEDULE: (@ rtnj.org under Athletics) Any changes will be posted at this website. EXCEPTION: "Y" AND CLUB SWIMMERS MUST MEET THE 6-DAY PRACTICE MINIMUM REQUIREMENT BEFORE DECEMBER 1st IN ORDER TO BE ELIGIBLE TO SWIM IN THE FIRST MEET OF THE SEASON! (NJSIAA STATE REQUIREMENT)**

"Y" OR CLUB SWIMMERS:

IF YOU ARE CHOOSING TO OPT OUT OF PHYSICAL EDUCATION FOR A STUDY PERIOD. I WILL NEED YOUR COACH'S EMAIL AS A MEANS OF COMMUNICATION (BY 11/9/15) TO CONFIRM YOUR DAILY ATTENDANCE ON A WEEKLY BASIS.

IF YOU CHOOSE TO OPT OUT OF PHYSICAL EDUCATION, I EXPECT YOU TO TAKE CARE OF ANY ACADEMIC ISSUES DURING THAT TIME – IT WILL NOT BE CONSIDERED AN EXCUSED ABSENCE FROM PRACTICE OR A MEET!

3 CUT POLICY –

YOUR ACTIONS CUT YOURSELF FROM THE TEAM!

1ST STRIKE, 2ND STRIKE, 3RD STRIKE "YOU ARE OUT" – YOU HAVE CUT YOURSELF FROM THE TEAM! (UNEXCUSED ABSENCES). IF YOU HAVE OPTED OUT OF PHYSICAL EDUCATION (YOUR NAME WILL BE SUBMITTED TO THE ATHLETIC DIRECTOR) YOU WILL BE PLACED BACK IN CLASS BY YOUR GUIDANCE COUNSELOR.

2. **100% - ON TIME TO PRACTICE AND IN THE H2O ON TIME-3:00 PM THIS INCLUDES THE HOLIDAY BREAK PRACTICE!!!**
3. **100% ATTENDANCE TO ALL SWIM MEETS
EXCEPTION: ILLNESS VERIFIED BY PARENTS**
4. **SCORED 20 POINTS DURING THE COURSE OF THE SEASON AND OR QUALIFIED FOR THE "A" MEET INVITATIONAL SWIM MEET (held at MORRISTOWN High School)**
5. **HAS MET ALL REQUIREMENTS AS A TEAM MEMBER OF THE RHS SWIM TEAM.**

THE TOP "3" FASTEST SWIMMERS WILL FILL EACH INDIVIDUAL
EVENT - THIS IS BASED ON TIME TRIAL AND TIMES AS WE
PROGRESS THROUGHOUT THE SEASON.

RELAYS WILL BE FILLED BY THE COACH'S DISCRETION- FIRST
BASED ON TIME AND SECOND ON MERIT!

EACH AND EVERY DAY YOU CAN PROVE TO ME YOU ARE FASTER
BY WHERE YOU SWIM IN PRACTICE AND ARE YOU A LEADER OF
A LANE DURING PRACTICE!

SEE ATTACHED MEET SHEET - 11 EVENTS- MEMORIZE THE
ORDER!

A SWIMMER CAN SWIM 2 INDIVIDUAL EVENTS AND 2 RELAYS OR
1 INDIVIDUAL EVENT AND 3 RELAYS.

*ALL RHS SWIM TEAM MEMBERS ARE EXPECTED TO BE
PRESENT AT A SWIM MEET EVEN IF YOU ARE NOT IN THE SWIM
LINE-UP!*