

ABERDEEN SWIM CLUB
ELIGIBILITY & LETTERING REQUIREMENTS

REQUIREMENTS FOR COMPETING AS A HIGH SCHOOL ATHLETE AND
EARNING A VARSITY LETTER IN SWIMMING

I. Academic requirements

A. Shall be in grades 7-12 within the Aberdeen Public, Catholic, Christian, and Warner High School systems.

B. Shall maintain a 2.00 grade point average per academic grading period.

II. Participation/Achievement requirements shall be recorded by the coach and available to the Athletic Director. The coach shall submit a list of award winners to the Athletic Director at the conclusion of the season. Minimum requirements include the following.

A. Shall submit the Intent To Letter Form prior to the start of the designated season (November – March)

B. Shall attend a minimum of sixty (60) percent of full practices per week during the designated season. (November – March). A full practice consists of being on deck for the scheduled practice. This includes stretching, entering the pool promptly, and performing/completing all the assigned drills and exercises.

1. Excused absence will be limited to the following:

a. Legitimate illness.

b. Injuries – injuries will be addressed on an individual basis depending on the nature of the injury and the physical limits placed on the athlete as determined by a medical professional.

c. School activities where mandatory attendance is required for grading purposes. When possible, the swimmer must attend at least part of a practice to be excused as a full practice. The coaching staff must be notified at the beginning of practice that an early dismissal will be necessary.

d. Family vacation trips, weddings, funerals, or other family emergencies.

e. The coaching staff must be made aware as soon as possible (preferably a week prior) of planned absences

2. The practice requirement will not be allowed for participating in other Sports or activities.

3. Late arrivals for practice will be considered on an individual basis depending on the nature and the frequency of the cause of the tardiness.

C. Shall compete in a minimum of three (3) and a maximum of twelve (12) designated meets chosen by the ASC board during the high school winter season (November – March).

D. Shall achieve accomplishment of qualifying for the winter short course state meet.

E. Participation shall not be determined by the gender, race or religious affiliation of the athlete.

III. Shall meet standards of eligibility set forth in Aberdeen School District 6-1 and Central High School's Athletic Code (Exhibit B), with the following additional stipulations:

A. Academic

1. Shall maintain a grade point average of not less than 2.00 per academic grading period.

B. Insurance

1. ASC shall maintain such liability and medical coverage as a member of USA Swimming, and shall keep on file with the Athletic Director proof of such coverage.

a. Each individual swimmer shall maintain USA Swimming membership with its concomitant coverage.

C. Practice

1. Shall participate in 10 days of practice prior to competing in a meet.

D. Awards

1. Recognition/achievement trophies, medals, and ribbons may or may not be awarded at competitive events at the discretion of the event's sponsoring club.

E. Amateur Status

1. Shall meet standards of eligibility set forth by USA Swimming and the South Dakota USA Swimming Local Swimming Committee.