

**ABERDEEN SWIM CLUB**  
**ELIGIBILITY & LETTERING REQUIREMENTS**

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**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 and Christian High School system.

**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 attend a minimum of four (4) 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, 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.

**2.** The four (4) full 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.

**B.** 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).

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

**D.** 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**

**2.** 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.