

Forest Lake Swimming and Diving Team Lettering Policy

To earn a Varsity Letter on the Forest Lake High School Swimming and Diving Team you must accumulate a minimum of 5 letter credits.

You can earn credits doing the following:

- Attend 95% of all practices = 1 credit (1 unexcused absence voids this credit)
- Attend all meets in their entirety = 1 credit (disciplinary action voids this credit)
- Earn attendance credit and meet credit in three consecutive years beginning in 9th grade = 5 credits (can earn once every three years)
- Make a section cut-off time = 3 credits (max. 3 credits)
- Qualify in the top 16 (individual) in section meet = 2 credits (max 2 credits)
- Earn 4 individual points in a Varsity dual competition = 1 credit (max 3 credits)
 - Opponent must have full number of participants or the point will be halved
- Any swimmer or diver violating MSHSL drug, alcohol or tobacco policies during the season will forfeit their letter
- The athlete must demonstrate proper behavior, sportsmanship, and citizenship during the season
- Finish the season in good standing until dismissed by the coach
- Any swimmer or diver violating MSHSL drug, alcohol, or tobacco policies during their high school period of eligibility with Forest Lake will be ineligible for a letter