

Points System

Points will be posted to the website (www.susastingrays.com) every week. You will have one week from the posting date to challenge any points with Coach Dani. After that, your points for that week will be permanent.

We will use points to determine who is able to participate in meets, who goes on Travel meets or earns a Varsity Letter.

We use practice points to determine attendance (which means – to an extent -- you can make up points for missing practices). You must have 70% attendance to be able to participate in meets for that week. In order to participate in State Championships, you will need to have 70% overall points (practice and meet attendance) *for the season*.

Swimmers cannot earn more than 100% overall points. Any points earned above 100% will count only toward the Varsity letter at the end of the season.

Definitions:

Attendance points – points earned from attending practices, dryland or make-up practices.

Overall points – points earned from attendance at practices and meets.

Varsity Letter

1. Points will be accumulated from practice attendance, meet attendance, scoring at meets and make-up points.
2. At the end of the season (following State), we will use a computer-generated NISCA points tracking system to download points scored from the various meets. These will be added to the overall cumulative points from the season.
3. The top 25% (or wherever there is a “natural” break) in points will earn a Varsity Letter. Coaches reserve the right to award Varsity letters to those who do not meet these criteria but do, for another reason, deserve to earn the award.

Travel Meet(s)(if applicable)

1. Travel meets will be determined by overall points.
2. You must have 93% of overall points in order to be *eligible* to go.
3. Above 93%, we will take the top 24 boys and top 24 girls in the point standings, or the number needed to fill rooming assignments.
4. You must not have missed any practices (for which you are responsible) for one week prior to the travel meet.
5. If you challenge the points, you must have done so within the week prior to when the travel meet list comes out.

Ways to earn points

1. Practice Attendance – 2 points each practice
 - 1 point deducted for being more than 10 min. late (please set two alarm clocks!). One point deducted for leaving more than 10 minutes early.
 - No points will be awarded for anyone who arrives more than 45 minutes late. No points will be awarded for anyone who does not do at least 90 minutes of the workout. If you are that sick, stay home!
 - Note: you must have at least 70% attendance for the week in which a meet is held in order to participate in that meet.
2. Meet Attendance – 10 points per day of meet
 - 5 points deducted for leaving early
 - Travel meet (if applicable) does not count toward attendance or points
 - Region Champs – 30 points over two days
 - State Champs (individual event) – 30 points over two days

- State Champs (relay only) – 20 points over two days
3. Scoring at Meets – points earned from placement = varies
(Usually 40 points per meet is the most you can earn)
 4. Make-up Practices – points can be earned from doing coach- or captain-run practices approved by the coaching staff. These points will not count against any swimmer, just for them. Dryland held at practice will count for the workout, not extra points. Personal Training sessions or dryland done on your own will not count for points. Doing a workout on your own will not count for points, unless approved by the coaching staff in the event that a swimmer is out of town, and under the direct supervision of a parent. The number of make-up points available will fluctuate based on the number of kids who have been sick or have missed practices for school-sanctioned functions (which they would need to make up).
 5. Club Practices – swimmers who swim on a year-round (USA Swimming) club may earn 1 point per practice attended with their club team. Swimmers must submit a list of dates they have attended practices along with a signature from their club coach. This is the responsibility of the swimmer, and must be submitted within a week of the practice in order to earn points for those practices (see first paragraph of this document).

Challenging Points

If you feel that there has been an error in the points that have been awarded to you, please contact Coach Dani within one week of the points being posted. After seven days, the points for that week will become permanent, whether they are incorrect or not. My number is 435-669-6093 and email is dcaldwell@dhthunder.org.