

ODST High School Varsity Letter Requirements UPDATED: 5 Aug 2018

Kubasaki and Kadena high school students can earn one High School Varsity Letter or Pin Award per school year by fulfilling training and competition requirements with ODST. All minimum guidelines from DoDDS will be followed unless superseded by this list.

Season: There are two high school letter seasons for the 2018-2019 school year. One in the Fall, 4 Sep - 20 Oct, and one in the Winter, 7 Jan - 23 Feb, with some swimmers continuing through the 2019 Tokyo Winter Champs, 9-10 Mar. All requirements for a letter award must be met within the same letter season. All swimmers trying to earn the letter award must submit a letter form, be fully paid, and be registered by the start of the letter season. Swimmers must meet both section 1 and 2 standards:

1) Meet all of these standards:

- a. General Attendance: Swimmers shall attend a minimum of four (4) practices each week (Monday through Sunday). One of these practices must be a Saturday practice when Saturday practices are offered. If less than five (5) practices are offered in one week, then a majority of youth practices offered during that week must be attended (e.g. 3 out of 4, or 2 out of 3). Note, Masters practices are supplemental practice and do not count as the primary practice for this requirement; attending two Masters practices equals on youth practice.
- b. Specific Practice Attendance: Swimmers shall be at all practices (to be counted towards the weekly minimum) prepared to begin swimming 5-minutes before the scheduled practice start time and stay through the conclusion of practice. This includes dry-land sessions.
- c. Swim Meet Attendance: Swim in at least two swim meets, time trials, or other ODST competitive events scheduled during a single letter season. On-base or off-base meets will count toward meet attendance.
- d. Grade Point Average: To be eligible to participate in interscholastic athletics, a student must maintain a minimum 2.0 GPA and receive no more than one failing grade. All participants will be monitored by the school on a weekly basis. Grades will be cumulative for the quarter. A student declared ineligible can practice but cannot earn swim meet credit toward a letter award while ineligible. All students will be eligible at the beginning of each school year. See the Pacific Area Interscholastic Athletics Program Manual for information, available through your school.
- e. Sportsmanship: Student participants shall read, sign, and abide by the Okinawa Activities Council Code of Conduct and Consequences. Swimmers shall become ineligible due to blatant disregard for generally accepted sportsmanship standards. Examples include repeated use of vulgar or profane language, repeated incidents of arguing with officials, repeated occurrences of disrespect towards other swimmers, officials, staff or facilities.

2) Meet two of these standards within a single letter season:

- a. Achieve two (2) personal best times.
- b. Swim a 200m Butterfly or a 400m IM at or under the USA Swimming 15-16yr old B standard.
- c. Achieve 4 Winter Training Camp QTs.
- d. Achieve 1 Tokyo Winter Champs QT.
- e. Set a team record.
- f. Be selected as a team captain.
- g. Demonstrate outstanding team spirit and support for team mates on a consistent basis.

Excused Absence: A swimmer notifying a coach in advance that he/she will miss a practice (regardless of the reason) does not automatically release that swimmer from the attendance requirement. Any absence from practice that will cause the swimmer to fail the weekly attendance requirement may be excused after the swimmer (not the parent or guardian) discusses it with the coaching staff (approved / disapproved on a case by case basis).

Appeal Process: If swimmers become ineligible for an award, they may appeal the incident or situation that has made them ineligible. An explanation (from the swimmer) shall be required if a swimmer will be unable to meet attendance requirements. Any appeal may be reviewed first by any member of the coaching staff, then the head coach, and finally by the school principal.

I am pursuing a High School Varsity letter in swimming and have read and understand the requirements for this award as described in this document. If I have any questions or concerns I will ask the coaching staff for clarification and guidance (keep a copy and return a copy to the coaching staff).

Season (circle):                      Fall, 4 Sep - 20 Oct 2018                                              Winter, 7 Jan - 23 Feb 2019

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Swimmer Signature                      Printed Name                                              School                                              Date Signed

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Parent Signature                      Printed Name                                              Date Signed