

| Bearden Aquadog Lettering System | | | |
|---|--------|-----|--|
| Category | Points | Max | Additional |
| To Letter an Athlete would score 630 Points | | | |
| 1) Practice | 10 | 700 | Assuming that 51 practices is 75%. If that number changes so will the total needed |
| 2) Meets | 10 | 80 | Based on eight dual meets |
| 3) After meet meal | 2 | 18 | Based on eight dual meets plus city meet |
| 4) Spirit During meet | 3 | 30 | Based on eight dual meets plus city and state |
| 5) Attend Official Social events | 7 | | |
| 6) Achieve a State Cut | 25 | 100 | Maximum of four events |
| 7) Final at City meet | 30 | 120 | Maximum of four events |
| 8) Final at State meet | 50 | 200 | Maximum of four events |
| 9) Achieve All-American | 100 | 400 | Maximum of four events |
| 10) Have a first semester GPA=3.2 | 70 | | |
| 11) Other | | | These are Coach points that can be assigned by coaches |
| USS Swimmer | | | |
| 1) Practice | 80 | | As long as the swimmer averages three practices a week with USS team |
| All other categories are the same | | | |
| Divers | | | |
| 1) Practice | 20 | 700 | Assuming 26 practices is 75% |
| 2) Meets | 10 | 80 | Based on eight dual meets |
| 3) After meet meal | 2 | 18 | Based on eight dual meets plus city meet |
| 4) Spirit During meet | 3 | 30 | Based on eight dual meets plus city and state |
| 5) Attend Official Social events | 7 | | |
| 6) Achieve a State Cut | 50 | 50 | Maximum of four events |
| 7) Final at City meet | 60 | 60 | Maximum of four events |
| 8) Final at State meet | 100 | 100 | Maximum of four events |
| 9) Achieve All-American | 200 | 200 | Maximum of four events |
| 10) Have a first semester GPA=3.2 | 70 | | |
| 11) Other | | | These are Coach points that can be assigned by coaches |

BEARDEN SWIMMING 2008

NAME: _____

YEAR IN SCHOOL: _____

NUMBER OF YEARS ON BEARDEN SWIM TEAM: _____

SUMMER TEAM OR OTHER SWIM
EXPERIENCE _____

GOALS FOR THE SEASON:

WHAT DO YOU HOPE TO SWIM IN OUR MEETS?

EVENTS IN WHICH YOU WOULD LIKE TO QUALIFY FOR STATE:

200 FREE___ 200 IM___ 50 FREE___ 100 FLY___

100 FREE___ 500 FREE___ 100 BACK___ 100 BREAST___

BEST THING ABOUT LAST YEARS SEASON?

SOMETHING WE COULD DO BETTER THIS YEAR?