

WHS Royals Girls Swim+Dive Team Lettering Policy 2025

2025 Team Motto- Strong Tide, Good Vibes. "Success is the sum of small efforts, repeated often." You have made a commitment to the WHS swim and dive team. Your personal and team success is directly related to your attitude & dedication. The safety and success of the team requires each member to be reliable and dedicated to their individual and team goals. This policy was created to help you and the team be successful. Grow with the Flow-2025 Team Intention.

Swimmers, Divers and S+D Team Managers

Swimmers, Divers and Team Managers must

- 1.) Complete the season in good standing.
- 2.) Adhere to the rules and regulations of the MSHSL, WHS Activities Department, and the WHS Swim+Dive Team.

AND Swimmers

Mandatory Lettering Requirement

1. 90% Attendance & Participation (including Swim Practice, Morning Dryland and Meets)

Two Additional Lettering Credits must be met

1. 98% Attendance & Participation (including Swim Practice, Morning Dryland and Meets)
2. Make a "WHS Goal Time" in 3 events, NISCA Power Point Score of 70 in 2 events, Top 8 TT Sections season 24 Time in 1 event
3. Place 1st, Win a Varsity Event, Relay or Individual in a Conference dual meet. Or place 2nd behind only a Woodbury Swimmer/Relay. Or Place 3rd behind only 2 Woodbury Swimmers/Relays..... "1,2,3 Royal Flush"
4. Place in top 8 in one event or top 16 in two events at True Team Sections or Sections.
5. Qualify for State individually or on a Relay.
6. Recruiting a swimmer/diver/team manager to join the team who completes the season and inform Coach Liz.
7. Recruit a SoWashCo youth grades 4-8 to attend our youth night meet.

Senior

1. Swimmer must be a senior and have 90% Attendance

Wild Card 7&8 graders.

1. Make a "2025 WHS Goal Time" in 1 individual event and have 98% Attendance

Coaches Discretion

Event.	WHS Goal Time	NISCA Power Point Score of 70	Top 8 at TT Sections 24 Time
200 Free	2:17.99	2:09.10	2:04.00
200 I.M.	2:34.99	2:25.18	2:17.57
50 Free	27.99	:27.51	:26.61

Event.	WHS Goal Time	NISCA Power Point Score of 70	Top 8 at TT Sections 24 Time
100 Fly.	1:11.99	1:04.89	1:05.14
100 Free	1:00.99	:59.83	:56.59
500 Free	6:23.99	5:48.70	5:26.22
100 Back	1:09.99	1:05.30	1:04.93
100 Breast	1:19.99	1:14.63	1:10.34
50 Back split	:32.99		
50 Breast split	:35.99		
50 Fly split	:33.99		

AND Divers

Mandatory Lettering Requirement

1. 90% Attendance & Participation (including Dive Practice, Morning Dryland and Meets)

Two additional Lettering Credits must be met

1. 98% Attendance & Participation (including Dive Practice, Morning Dryland and Meets)

2. Obtain an 11 dive score during the season that would have placed in the top 16 at the 2025 Sections Meet.

3. Take 16th Place or higher at the 2025 Sections Meet.

4. Recruiting a swimmer/diver/team manager to join the team who completes the season and inform Coach Liz.

5. Recruit a SoWashCo youth grades 4-8 to attend our youth night meet.

6. Place 1st, Win a Varsity Event, in a Conference dual meet. Or place 2nd behind only a Woodbury Diver. Or Place 3rd behind only 2 Woodbury Divers.
"1,2,3 Royal Flush"

Senior

1. Diver must be a senior and have 90% Attendance

Coaches Discretion

AND S+D Team Managers

Mandatory Lettering Requirement

1. Help Support the Total Team by being present on deck when committed to a specific meet or practice day and time.

2. Help Motivate the Total Team to keep locker room, pool deck, bus and away pools clean and tidy. "We are the Royals." Follow and lead by example with the Woodbury Way.

3. At practices & meets help with set up, video analysis, team scores, organization, water, intervals, dive scores and/or splits.

Coaches Discretion