

**Curfews:**

Athletes need to rest as hard as they train. With only a 14 week season we will be pushing a lot of work and training into that short span of time. It will be expected and normal to be tired throughout the season. With demands beyond swimming including school work and family responsibilities sleep is not optional but mandatory to be able to perform at a high level. All athletes should respect a curfew of 10pm almost every day. The Head Coach will ask the parents to assist in maintaining this schedule throughout the season. Proper rest will be critical to having a successful season as an individual and as a team.

When on outside trips, cell phones will be turned off no later than 9:30pm. No exceptions!

**Varsity Letters:**

Earning of a varsity letter is a worthy goal for all athletes. It represents a high achievement in your school and on your team. Varsity letters will be awarded to all athletes meeting the minimum requirements according to the team lettering plan with the following exceptions:

- Athletes who are suspended due to training violations
- Athletes who miss more than 8 practices
- Athletes who do not attend mornings (varsity only)