



Spice Points

Spirit

Bonus Points Awarded by Coaches (Examples)

Examples

Monthly 100% Attendance	= 4 points
Monthly 90%+ Attendance	= 2 points
Monthly 80%+ Attendance	= 1 points
Scholastic All American	= 5 points
75% Away Meet Participation	= 20 points
50% Away Meet Participation	= 20 points

Practice

Each practice attended = 1/2 point

Improvement

One point for best time

+ Maximum of two bonus points

200 and shorter

Time Dropped X 1

400 and longer

Time Dropped X .5

Competition

Each meet event completed = 1 point

New meet event completed = 1 point

Excellence

Each time standard achieved

(B, BB, A, etc) = 2 points

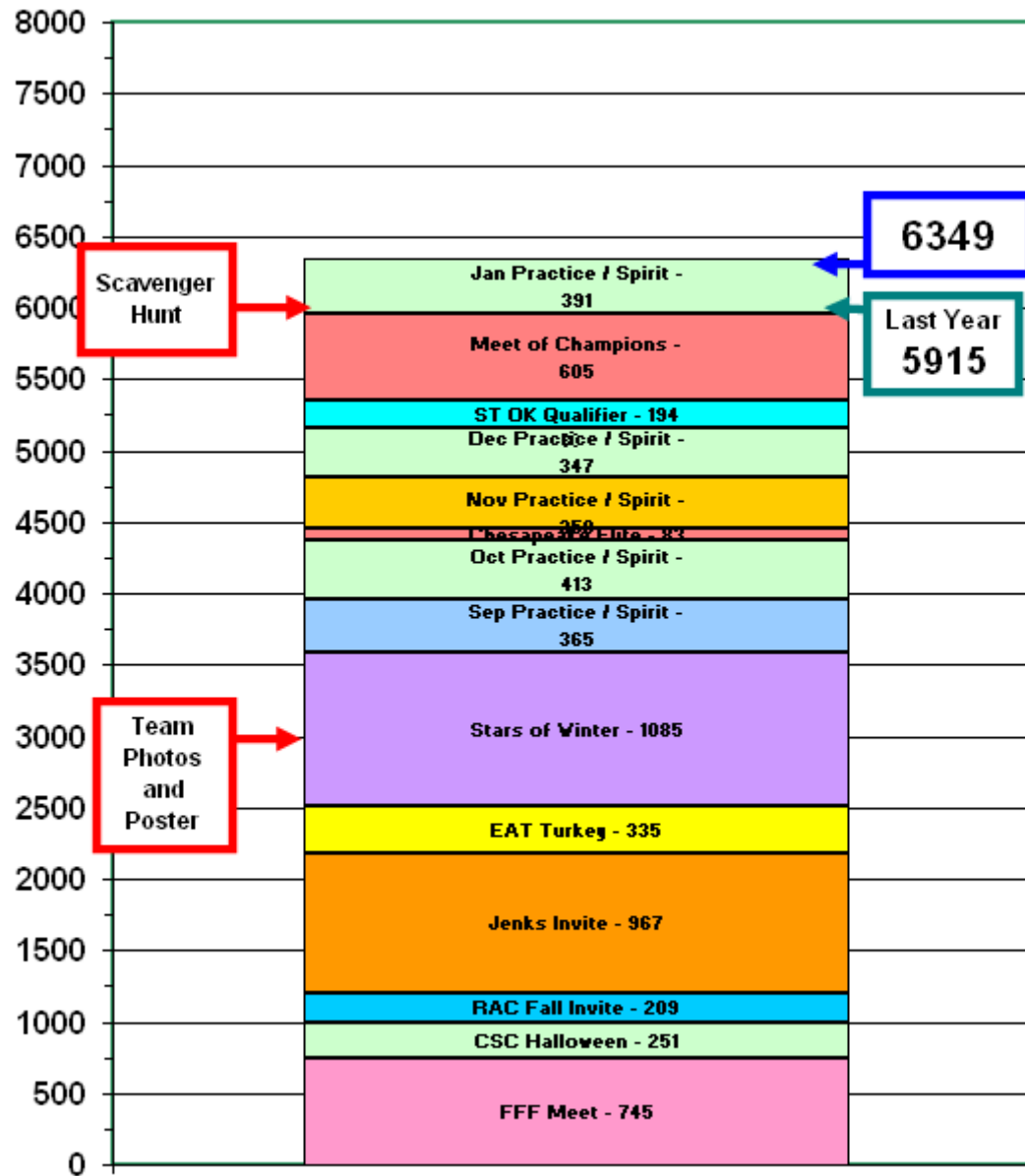
Age Group Time = 2 points

Meet of Champions Time = 4 points

Sectional Time = 6 points



Spice Points





Spice Points



Honor Roll

200 Points

Biddinger, Allison
Giovannetti, Emily
Harlow, Hayden
Krause, Colton
Shipman, Delaney

150 Points

Bryant, Austin
Fodor, Grace
Freeman, Lisa
Kissell, Hannah
McCauley, Mason
Olsen, Greta
Stanek, Aaron
Trumble, Holly

100 Points

Bennett, Avery
Galvin, Egan
Hansen, Brogan
Lancaster, John David
Rietfors, Lukas
Rietfors, Trevor
Santoso, Nathania
Stambeck, Peyton
Steward, Hannah
Steward, Kate
Thomas, Kyle

80 Points

DeLo, Gabrielle
DeLo, Julia
DeLo, Lauren
Lancaster, Hannah
Lashbrook, Rabeka
Sandoval, Kenneth
Surdahl, Emily
Weaver, Riley
Williams, Kayna
Woody, Shelby

40 Pts - BR

Broom, Lydie
Crawley, Jackson
Faulk, Leon
Goodart, Caleb
Hopkins, Cayden
Lashbrook, Ashytn
Webster, Hayley

Spirit

Sep-Jan Attendance

Practice Attendance - 100%

Baardse, Joost
Hammon, Reese
Steward, Kate

Biddinger, Allison
Kissell, Hannah(2)
Vasseur, Joseph

DeLo, Julia
Lashbrook, Ashytn

Faulk, Leon
Rietfors, Lukas(2)

Giovannetti, Emily(2)
Shipman, Delaney

Practice Attendance - 90%

Baardse, Joost
Steward, Hannah

Bryant, Austin
Steward, Kate

Harlow, Hayden
Surdahl, Emily

Krause, Colton
Weaver, Riley

Olsen, Greta
Woody, Shelby

Practice Attendance - 80%

Beydler, Kelsey
Fodor, Grace
Lashbrook, Ashytn
Stambeck, Peyton

Biddinger, Allison
Galvin, Egan
McCauley, Mason
Webster, Hayley

Broom, Lydie
Giovannetti, Emily(3)
Olsen, Greta
Woody, Shelby

Covell, Bailey
Goodart, Caleb
Sandoval, Kenneth

Deffenbaugh, Paige
Hopkins, Cayden(2)
Shipman, Delaney

75% Home Meet Participation

FFF Meet (59 Swimmers)
Stars of Winter (61 Swimmers)

50% Away Meet Participation

Jenks Invite (41 Swimmers)



Spice Points



20+ Point Meets

FFF Meet

Biddinger, Allison	Carr, Graci	Carr, Lexi	Giovannetti, Emily	Harlow, Hayden
Kissell, Hannah	Lancaster, John David	McCauley, Mason	Rietfors, Lukas	Shipman, Delaney

CSC Halloween

Biddinger, Allison	Giovannetti, Emily	Harlow, Hayden	Shipman, Delaney	Stanek, Aaron
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RAC Fall Invite

Biddinger, Allison	Fodor, Grace	Freeman, Lisa	Giovannetti, Emily	Trumble, Holly
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Jenks Invite

Delo, Gabrielle	Delo, Julia	Delo, Lauren	Giovannetti, Emily	Hansen, Brogan
Harlow, Hayden	Kissell, Hannah	Krause, Colton	Lancaster, John David	McCauley, Mason
Olsen, Greta	Sandoval, Kenneth	Santoso, Nathania	Shipman, Delaney	Stambeck, Peyton
Stanek, Aaron	Steward, Hannah	Steward, Kate	Thomas, Kyle	

EAT Turkey

Biddinger, Allison	Fodor, Grace	Hansen, Brogan	Olsen, Greta	Santoso, Nathania
Shipman, Delaney	Steward, Hannah			

Stars of Winter

Bennett, Avery	Biddinger, Allison	Borg, Anneke	Delo, Gabrielle	Fodor, Grace
Giovannetti, Emily	Hansen, Brogan	Harlow, Hayden	Kissell, Hannah	Krause, Colton
Lancaster, John David	Lashbrook, Rabeka	McCauley, Mason	Olsen, Greta	Rietfors, Lukas
Sandoval, Kenneth	Stambeck, Peyton	Stanek, Aaron	Steward, Hannah	Steward, Kate
Surdahl, Emily				

Chesapeake Elite

Bryant, Austin	Thomas, Kyle
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ST OK Qualifier

Giovannetti, Emily	Lancaster, Hannah	Stambeck, Peyton
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Meet of Champions

Bennett, Avery	Biddinger, Allison	Bryant, Austin	Freeman, Lisa	Harlow, Hayden
Kissell, Hannah	Krause, Colton	Lancaster, John David	McCauley, Mason	Olsen, Greta
Rietfors, Lukas	Rietfors, Trevor	Shipman, Delaney	Steward, Kate	Thomas, Kyle
Trumble, Holly				