

## LETTERING

We will use a point system. In order to earn a track letter, you must earn **25** points from the following categories.

- Points scored in a varsity meet. (Relays will be divided by 4). JV meets points will be divided by two.

Athlete may earn a maximum of 20 points in this category.

- Honor roll.

Athlete may earn a maximum of 1 point in this category. (As of Conference Meet)

- Personal bests. (After 1<sup>st</sup> meet for freshmen, compared to other years for upperclassmen.

Athlete may earn 1 point for having a personal best. A maximum of 6 points in this category.

- Being at every practice (No unexcused absences, and makeup all excused absences –maximum of 3 excused absences)

Athlete will earn either 2 or 0 points in this category.

- Good attitude throughout season (Coaches discretion).

Athlete will earn either 2 or 0 points in this category.

- Finish season in good standing (Compete at districts a must unless injured)

Athlete will earn either 2 or 0 points in this category.

- Off Season Training-Fall/Winter

76%-86% attendance will earn 1 point in this category- Fall/Winter

87%- 100% attendance will earn 2 points in this category-Fall/Winter

**\*Each sport you go out for will earn 2 points in this category\***

Athlete may earn a maximum of 4 points in this category

- Work Youth Camp (Summer of 2016 will count towards 2017 season)

Athlete will earn 1 point in this category if he/she works the entire week of youth camp.