

Legend Titan

Cross Country

Lettering Requirements for 2010

Classification: Class 5a/ Continental League

Our lettering requirements are fair and achievable to the varsity runner.

Not every athlete earns a letter. The letter is mostly about performance at the varsity level. The varsity level may be achieved in sub varsity meets as well. It will be possible to earn a coaches varsity point for up to 10 or more runners per week. In most cases the varsity point will be available to the top 7 runners.

Earn 6 (or 2/3 of all varsity races)varsity points, in the following way:

A varsity point will be awarded for finishing in the top 50% of the race entries in the varsity race. **The coaches may adjust** this if necessary. Varsity Points will be posted. The coach may award a varsity point regardless of these conditions, based on other factors. The coaches may also remove varsity points, due to conduct, behavior, or attitude/attendance.

Lettering points are also awarded from week to week. Practice, sportsmanship, attendance, leadership are all considered. Additional points MAY be added for team aspects, such as team support, or outstanding acts of CORE VALUES. Maintaining a up to date running log is not a requirement, but does demonstrate a commitment to your training and to your team. Fund raising is also not a requirement, but does show a commitment to our program.

You must attend 90% of the practices in order to earn a letter. You must make 75% of the practices to earn a participation award. It is expected that everyone on the team makes all practices.

Automatic Letter

Boys: Run sub 18:30 (on at least 2 different courses)

Girls: Run sub 21:30 (on at least 2 different courses)

OR

Finish within 7 places of the top 50% at the varsity regional meet.

As always, coaches' decisions are final. Athletes must maintain eligibility and be in good standing with the school and the coaches in order to earn the letter. Letter winners will be announced the week of our awards night.

Please communicate with the coaches during the season if you have any questions.

Roger Miller and Megan Peterson– Your Coaches!

