

Legend Titan

Cross Country

Lettering Requirements for 2009

Classification: Class 3a/ Pioneer League

We are in our 2nd year with freshman and sophomores. We will continue to run in 4a and 5a races as well as frosh/soph meets. With that in mind, we will have a lettering requirement that will be challenging and change as we grow into a full 4 year program. 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. Our "varsity" level will still be the top race at the event. In some cases, it will be the Frosh/Soph Race.

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 fundraising / 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.

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.

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 Ostroff – Your Coaches!