

REQUIREMENTS FOR LETTERING

The requirements for earning a varsity “N” letter for the different athletic teams are as follows:

ALL SPORTS

1. A student in any school sponsored program is eligible for a varsity letter if they meet any one of the following criteria:
 - a. An athlete can earn a letter at the discretion of the head coach even if established criteria is not met, depending on the athlete’s commitment and contribution made to the total program and with approval from the Athletic Director. **An athlete must play in varsity competition to be considered for a letter.**
 - b. All athletes must finish the season in good standing to be eligible for a varsity letter.
 - c. A manager/statistician may be awarded a letter after three (3) years of satisfactory service.
 - d. A senior player who has participated in the program for three (3) years, has shown dedication to the program, and has made a contribution to the program, or upon the head coach’s recommendation.

ATHLETIC TRAINER

1. To earn a varsity letter, a student athletic trainer must meet the minimal requirements of 550 hours.
Breakdown of hours: Fall = 200, Winter = 200, Spring = 150

BASEBALL

1. A varsity player who participates in at least (1/3) of the season’s total innings in varsity games.
2. A player, (i.e. Pitcher, DH, DR), who has made a significant contribution to the varsity team as determined by the coaches.

BASKETBALL

1. A player who has participated in one half of the total varsity quarters in the season (exhibition and section games).

CHEERLEADING

1. A cheerleader will letter when she has successfully completed one year of participating on the Varsity Squad.
 - a. JV members are eligible to letter if they also are on the Competition Squad.

CROSS COUNTRY

1. Cross Country letter requirements are based on both attendance & performance. A total of 22 points are need to letter based on the table below.

<u>ATTENDANCE</u>	<u>POSSIBLE POINTS</u>
<i>Practice</i> - 1 point will be awarded for each week of attendance (11 weeks)	11
<i>Scrimmages</i> - 1 point will be awarded for the scrimmage run	1
<i>Invitationals, WCCA, and WPIAL Meets</i> - 1 point for each	4
<u>PERFORMANCE</u>	<u>POSSIBLE POINTS</u>
<i>Dual Meets</i> – 1 point will be awarded each time the athlete places in the top 12	11
<i>Invitationals</i> – 1 point will be awarded each time the athlete places in the top 30	2
<i>County</i> – 3 points will be awarded if the athlete places in the top 30.	3
<i>WPIAL</i> – 3 points will be awarded if the athlete places in the top 30.	3
<i>PR</i> – 1 point will be awarded if athlete improves their time 3 times during the season	1

FOOTBALL

1. Participate in over half of the varsity regular season quarters.

GOLF

1. Earn an average of half point per match of the total matches played during the season.

HOCKEY

1. A player must participate in a minimum of 50% of regular season games.

SOFTBALL

In order for an athlete to be considered for a letter, she must meet at least one of the requirements as follows:

1. A varsity player who participates in at least (1/3) of the season's total innings in varsity games.
2. A player (i.e. Pitcher, DH, etc.) who has made a significant contribution to team as determined by the coaches.

SWIMMING

1. Must score a point total equal to or greater than 25% of the top point scorer for the season .

TENNIS

1. A player must participate in at least half of the varsity matches played during the season. (Includes exhibition matches)

TRACK AND FIELD

1. An average of two points per varsity dual meet. (Example: 10 dual meets, must average 20 points)
Dual Relays – five points to each runner for first.
Triangular – five-three points to each runner for first or second respectively
2. Total points are tripled for Invitationals and County Meets.

VOLLEYBALL

1. A player must participate in at least half of the varsity games played during the season.

WRESTLING

1. Must have wrestled in half of all scheduled dual varsity matches.

DIVING (non-school sponsored program)

1. Must compete in a minimum of 5 competitions throughout the season
2. Must qualify for the WPIAL Championships

GYMNASTICS (non-school sponsored program)

1. Must compete in a minimum of 6 competitions throughout the season
2. Must qualify for the WPIAL Championships

RIFLE (non-school sponsored program)

1. Must compete in a minimum of 6 competitions throughout the season
2. Must qualify for the WPIAL Championships