

# **Earning a Varsity Letter**

*(Need to a total of 40 points to letter.)*

*(Scoring a single point at the District State Qualifying Meet will result in automatic lettering.)*

## **Ways To Earn Lettering Points**

1. Score a total of 40 points at invitational meets.  
*(Relay points will be awarded at full value.)*
2. Years of Track & Field Participation  
*(1 point for each full year completed)*
3. Perfect Attendance at all practices : *(5 points)*  
*(School events or illness are the only exceptions - NOT WORK!)*
4. Comette Points  
*(True Blue, Queen Comet)*
5. Participation in the Program Fundraisers : *(5 points each)*

## **Ways To Lose Lettering Points**

1. Unexcused missed practice : *(5 points)*
2. Inappropriate behavior : *(Minimum of 5 points)*  
*(Immaturity at meets, Criticizing teammates, Disrespect to coaches, Etc.)*
3. Suspension for good conduct violations : ***(Forfeiture of lettering points)***

NOTE : *Special consideration will be given to an athlete who has completed four full seasons, but has not earned enough points in a year for a letter.*

## **\* Inappropriate Behavior**

- Being excused from practice by a coach due to inappropriate behavior will result in the following :

1. First Offense : Inactive for one meet *(after attending all practices)*.
2. Second Offense : Dismissal from the team.