

Athletic Award Criteria for earning a Varsity Letter in CROSS COUNTRY - BOYS & GIRLS

WAUKESHA NORTH, SOUTH & WEST HIGH SCHOOLS

ATTENDANCE REQUIREMENTS:

1. Participants must attend promptly all practices and contests unless excused by a coach.
2. Unexcused absences may affect the athletes ability to earn a letter

ATTITUDE / CONDUCT:

All athletes are expected to conduct themselves in such a manner that they follow the rules and regulations set forth by coaches, school district codes, Classic Eight conference rules, and WIAA guidelines. The athlete must display a positive attitude toward the sport, his/her teammates and opponents, and his/her role as a team member.

CONTEST PARTICIPATION AND PERFORMANCE:

To earn a varsity letter the athlete must meet one or more of the following criteria:

- A. Participate in ½ of the seasons meets as a Varsity athlete.
- B. A cumulative ranking of 8 or better at the season's end, such ranking is based on individual placement in comparison to other team members.
- C. Outstanding accomplishment such as finishing in the top half of the conference meet, finishing in the half of a major invitational, or qualifying for the state meet.
- D. Goal times established on the basis of letter winning performances in past years – these times are set for each grade level and Athletes are informed of them at the start of the season. *For Waukesha West High School this time is 17:16 for all grade levels*

END OF SEASON REQUIREMENTS:

Athlete must check in all equipment or replace/reimburse school for equipment missing or damaged.

COACHES RECOMMENDATION AND SPECIAL CONSIDERATIONS:

Qualify for a letter under the head coach's special consideration. This will be judged by the head coach at the end of the season.

EXAMPLES:

1. Outstanding effort/attitude
2. Team sacrifice/dedication
3. Outstanding team contribution
4. Participation during total high school career
5. Medical injury difficulties
6. Other extenuating circumstances