



Lightning Football Lettering Policy

Academics

Q1 GPA above 3.0 and NO suspensions/detentions _____(5)
 Q2 GPA above 3.0 and NO suspensions/detentions _____(5)
 Q3 GPA above 3.0 and NO suspensions/detentions _____(5)
 Q4 GPA above 3.0 and NO suspensions/detentions _____(5)

TOTAL: _____(20)

Weight Room

Fall Strength Testing Completed _____(5)
 Winter Strength Training: Coach Verified (non-Winter athlete) _____(5)
 Winter Strength Testing completed by official end date _____(5)
 Spring Strength Training: Coach Verified (non-Spring athlete) _____(5)
 Spring Strength Testing completed by official end date _____(5)

TOTAL: _____(25)

Summer Strength & Conditioning

Supergroup strength training and conditioning (1 point/day completed) _____(23)
 Attend Football Activities (1 point/day completed) _____(9)
 Attend Football Camp (2 points per day) _____(10)

TOTAL: _____(43)

Multisport Athletes

Participate in EVHS Winter Sport _____(10)
 Participate in EVHS Spring Sport _____(10)

TOTAL: _____(20)

Player Commitment

Signed Player commitment sheet **TOTAL:** _____(20)

Community Service & Fundraising

Football Related (EVAA Camp/Clinic or other, 12 hours) _____(12)
 Non-Football Related (Relay for life, Feed My Starving Children, etc) _____(10)
 Complete Lightning Card Sales (Purchase option qualifies) _____(10)

TOTAL: _____(32)

Practice Participation

Did not exceed 3 Team violations _____(10)
Turned in all equipment & jerseys at end of season _____(10)

TOTAL: _____(20)

Team Football Performance

Varsity/Sophomore A (5W=2 pts, 6W=3 pts, 7W=4pts, 8W=5 pts) _____(5)
Varsity Postseason (Section Champs = 5 pts, State Champs = 10 pts) _____(15)
Team Academic Award (Silver = 2 pts, Gold = 5 pts) _____(5)

TOTAL: _____(25)

Individual Football Performance

Varsity Quarters Played (1 play = 1 quarter played) in Regular Season _____(32)
Varsity Quarters Played (1 play = 1 quarter played) in Playoffs _____(4+)

TOTAL: _____(36+)

POINTS NEEDED TO EARN AN EASTVIEW LIGHTNING VARSITY FOOTBALL LETTER:

_____ (190)

- ★ New players to the program are evaluated on an individual basis
- ★ All letter forms need to be completed by the player and submitted to the coaching staff
- ★ EVFB Coaches can award any individual player a letter through individual consideration

Player Name: _____

Player Signature: _____