

East Ridge XC LETTERING REQUIREMENTS

A varsity letter is a great honor that must be earned and is not awarded for mere participation. Earning a letter is based on a point system. Please read this so you understand before the season begins. **YOU MUST TURN IN THIS CHECK LIST FORM ON OR BEFORE THE LAST TEAM MEETING OF THE SEASON.** If necessary, please attach strength room form, volunteer experience description and summer training log. In order to attain a varsity letter in cross-country you shall (each of these, I-V is worth 1 point—you must have all of them—A varsity letter is earned at 20 points):

I. Complete the season in good standing, return all issued equipment and receive the *head coach's recommendation based on attitude, dedication and sportsmanship*. Required 1pt.

II. Adhere to the rules and regulations of the Minnesota State High School League, the East Ridge Athletic Department and the East Ridge Cross Country Team. Required 1pt.

III. Attend at least 80% of required varsity practices and meets (Including weekend and vacation practices or meets and AM practices—you must attend at least one of these even if you have the percentage to letter. (Attendance requirements are to reward those present at practice—coaches may decide as far as make up practices etc) - Required 1pt

IV. Maintain a scholastic grade point average of greater than or equal to 2.0 during the grading period of the season. Required 1pt.

V. Community service (please attach, or write on the back, a description of your service.) Required 1pt. For The St. Paul Triathlon and the Dist. 833 5K, you do not need to write a description. Simply write which one you were at. We take attendance at those.

In addition, (meaning you must adhere to I, II, III, IV and V above.) you must attain any of the following so that your sum of points is equal to or greater than 20, (This includes the 5 pts. from above):

Run a time that would place in the top 1/3 of the scoring V race for the average finishing time for V for that meet (9 points). (may be repeated at each race)

Run a time that would place in the middle 1/3 of the scoring V race for the average finishing time for V for that meet (6 points). (may be repeated at each race)

Run a time that would place in the bottom 1/3 of the scoring V race for the average finishing time for V for that meet (9 points). (may be repeated at each race)

*I have the average cut offs for the last several years. Therefore, “letter points” times are posted for each race. The average times were taken for the V runner who placed at the 1/3 cut off for the field, middle 1/3 and last 1/3 and for the three “letter point” times on each course. Hence, only the full distance (ie 5K) can be used for comparing to V.

At least 10 sessions, outside of practice, in the ER strength room--signed by strength coach. See Strength room sheet (3 points)

Turn in a completed summer running log (3 points)

Earn All Conference OR Hon. Mention (25 points)

Medal at Sections (earning trip to state—30 points)

Participate as a senior (obtaining about I-V; 20 points)

Even though there is a minimum point requirement, challenge yourself to see how many you can obtain during the season. * Even if you run JV. For example if you can beat the time of the last *scoring* runner in V race on the same course as a JV runner, you can earn 3 points. I will post these ranges on our results sheet after each meet. (9/14)