

2014

**Mayo Spartans Track & Field  
Letter Requirements**

**To letter, athletes need to earn required points in each of the 3 Areas and accumulate 20pts. total**

- *Forms need to be handed in no later than the week of the Section Meet.*

**Total Points Earned** \_\_\_\_\_ **Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Head Coach Sign off:** \_\_\_\_\_

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**1) PREPARATION**

POINTS EARNED \_\_\_\_\_ (need at least 4)

\_\_\_\_ 1. Participate in a Fall MSHSL sponsored sport & must finish season in good standing (2 Pts.) **Sport:** \_\_\_\_\_

**Coach's Signature:** \_\_\_\_\_

\_\_\_\_ 2. Participate in a Winter MSHSL sponsored sport & must finish season in good standing (2 Pts.) **Sport:** \_\_\_\_\_

**Coach's Signature:** \_\_\_\_\_

\_\_\_\_ 3. Winter Distance Program – forms are attached and need to be turned in the first week of practice (2 pts.)

\_\_\_\_ 4. Summer Distance Program – forms are attached and need to be turned in the first week of practice (2 pts.)

\_\_\_\_ 5. Summer Conditioning Program (sprinters & throwers) – form attached and need to be turned in the first week of practice (2 pts.)

\_\_\_\_ 6. Winter Conditioning Program (sprinters & throwers) – forms attached and need to be turned in the first week of practice (2 pts.)

\_\_\_\_ 7. Attend a Camp – If you attend a camp speak with Coach Carroll about points.

**2) PARTICIPATION**

POINTS EARNED \_\_\_\_\_ (need at least 5)

\_\_\_\_ 1. Compete in Mayo Inv., True Team Sections, T.T. State, All-City, Big 9, Section 1AA, or MSHSL State  
(1 pt. per "Big Meet")

\_\_\_\_ 2. ON TIME and at all practices entire season. (2 pts.)

\_\_\_\_ 3. Fill out a workout log in covering workout for the day and how you felt. No reminders will be given. To earn log points you turn it in to your event coach **at least every 2 weeks**. Anything less than this will result in no points. (1 pt.)

\_\_\_\_ 4. Surpass one of the M.H.S. letter standards in an open event. (2 pts.)

**100m. 13.9**

**200m. 28.8**

**400m. 1:06.5**

**800m. 2:35.0**

**1600m. 5:45.0**

**3200m. 12:50.0**

**100H. 18.0**

**300H. 54.5**

**Long Jump 14-6**

**Triple Jump 29-0**

**Pole Vault 7-6**

**High Jump 4-8**

**Shot Put 30-0**

**Discus 95-0**

\_\_\_\_ 5. Recruit a new athlete to come out for the season. Tell coach who you recruited during the 1<sup>st</sup> week of practice (1pts.each, max 2)

**Recruit 1.** \_\_\_\_\_

**Recruit 2.** \_\_\_\_\_

3) **ACADEMICS, EFFORT, CHARACTER**

POINTS EARNED \_\_\_\_\_ (need at least 5)

\_\_\_\_ 1. Cumulative GPA in grades 9-12:

3.5 or better = **2 Points**

3.0 or better = **1 Point**

GPA as of 5/1/08 \_\_\_\_\_

Counselor's Signature: \_\_\_\_\_

\_\_\_\_ 2. Postseason reflective paper on the season for you turned in and with uniform on time or replacement costs paid (**2pt.**)

\_\_\_\_ 3. Fine Art Participation **1 point** for each of the following:

**Advisor/Coaches Signature**

\_\_\_\_ Debate \_\_\_\_\_

\_\_\_\_ Speech \_\_\_\_\_

\_\_\_\_ Marching Band \_\_\_\_\_

\_\_\_\_ Performance Choirs \_\_\_\_\_

\_\_\_\_ Drama Production \_\_\_\_\_

\_\_\_\_ 4. Behavior: NO disciplinary referrals to office during season and no violations **1 point**

\_\_\_\_ 5. Years as a M.H.S. Track Athletes. **1 point per year**

**Year(s)** \_\_\_\_\_

\_\_\_\_ 6. Volunteer work: Must have an adult sign off on hours volunteered. **1 Point for each:**

-Community volunteering project (Pre approval by coach)

- Serve as "Big Sister" to younger athlete

- Tutor another teammate (minimum 5 hours)

- Coach Special Olympics

- Assist. With M.H.S. Track (minimum 5 hours)

Volunteered with \_\_\_\_\_ Hours \_\_\_\_\_ Supervisor Signature \_\_\_\_\_

Volunteered with \_\_\_\_\_ Hours \_\_\_\_\_ Supervisor Signature \_\_\_\_\_

Volunteered with \_\_\_\_\_ Hours \_\_\_\_\_ Supervisor Signature \_\_\_\_\_

Volunteered with \_\_\_\_\_ Hours \_\_\_\_\_ Supervisor Signature \_\_\_\_\_

**Coach's Discretion**

*The coach will try to equate letters in case someone is injured in team activity. Letters will not be awarded to anyone that does not finish the season or is detrimental to team spirit or school conduct.*

# **Summer Weight Training Record**

20 sessions @ a minimum of 20 minutes each session

*\*For 2012 Season (Sprinters, Jumpers, & Throwers) get the Conditioning program from event coach.*

Date	Date	Date	Date
1. _____	6. _____	11. _____	16. _____
2. _____	7. _____	12. _____	17. _____
3. _____	8. _____	13. _____	18. _____
4. _____	9. _____	14. _____	19. _____
5. _____	10. _____	15. _____	20. _____

# **Winter Weight Training Record**

20 sessions @ a minimum of 20 minutes each session

*\*For 2012 Season (Sprinters, Jumpers, & Throwers) get the Conditioning program from event coach.*

Date	Date	Date	Date
1. _____	6. _____	11. _____	16. _____
2. _____	7. _____	12. _____	17. _____
3. _____	8. _____	13. _____	18. _____
4. _____	9. _____	14. _____	19. _____
5. _____	10. _____	15. _____	20. _____



