



TRACK & FIELD



Track & Field Letter Requirements for 2008

Track & Field athletes must meet the criteria in areas A, B, C, and D as listed below.

A) General Requirements to be met by the student/athlete:

- **Mandatory** daily practice - Excused only for medical or injury status.
- Passing grades in school.
- Behavior during practice/meets/school must be above reproach.
- Drug/alcohol/tobacco are not allowed
- A **positive**/competitive attitude displayed
- Proper care of equipment must be demonstrated.

B) Time or Points Requirements

- **Lettering Requirements by time:**
 - Qualify for State as an individual or a member of a relay team that qualifies
 - Meet the Black Hawk or Green Team Peak Performance Standard in any individual event or as part of a relay team.
- **By a point system- 20 points needed:**
 - 2 points for participating in the Southwest Track & Field Clinic (during the previous summer).
 - 1 point for participating in an athlete's first event in a meet. (Varsity Meets Only)
 - 1 additional point for every additional event an athlete participates in. (Varsity Meets Only)
 - 2 points for scoring in a meet (usually a top 6 finish). (Varsity Meets Only)
 - At meets where there is no scoring, athletes may still accumulate participation points towards a letter.

C) Weight Room Requirements

- Athletes must participate in a minimum of 35 lifting sessions during the season. (This averages out to be approximately 3 sessions per week.)
- Sessions must be completed in the LSW weight room.
- Students in a weight training class may count their classroom lifting sessions if they occur during the Track & Field season.

D) Attendance Requirements

- **Athletes must have no more than three (3) unexcused absences* from practice sessions or meets during the year.** Unless runners are excused **PRIOR** to the practice session by the coaching staff, they are expected to be in attendance. Injured runners are expected to be in attendance in order to receive treatment and/or an alternative workout.

**Too many excused absences may result in a varsity letter being withheld as well. (We are team, and we can only rely on one another if we are in attendance.)*

•Senior letters will be awarded to seniors based on the decision of the coaching staff. The following criteria must be met:

- Be a member of the Track & Field team for at least three **consecutive** years.
- **Meet the attendance requirements all three years.**
- Make a **positive** contribution toward the welfare of the team in terms of your **ATTITUDE** and **BEING A GOOD SPORT.**
- **Coaches reserve the right to award senior letters to individuals who may not have been out for three years, but have shown outstanding leadership and/or have made significant contributions to the overall welfare of the team.**

YOU ARE NOT AUTOMATICALLY GUARANTEED A LETTER AS A SENIOR MEMBER OF THE SQUAD.