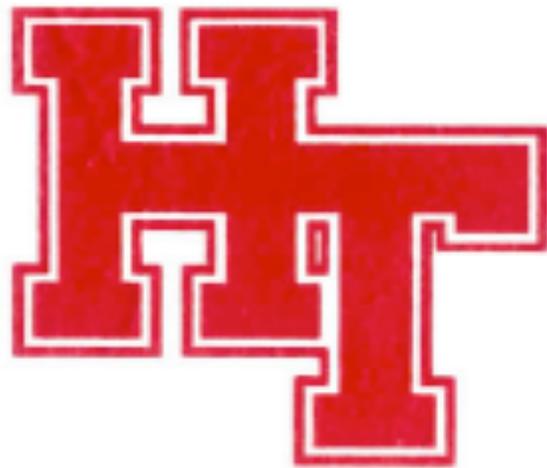


# **HADDON TOWNSHIP HS STUDENT ATHLETE HANDBOOK**



**NELSON EPLEY  
SUPERVISOR OF ATHLETICS  
REVISED SUMMER 2016**

# HADDON TOWNSHIP SCHOOL DISTRICT

## **ATHLETICS**

*"The most important thing in sports is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."*

— *Olympic Creed*

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Supervisor of Athletics - Nelson Epley

### ATHLETIC DEPARTMENT PERSONNEL

Nelson Epley – Supervisor of Athletics

Sheila Forbes – Secretary to the Supervisor of Athletics

Terry Brown – Athletic Trainer

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## **ALMA MATER**

**We're proud to say that we belong to  
Haddon Township High.  
A school of individuals  
with banner raised up high.  
We'll seek through each endeavor  
to give glory to her name,  
As each and every graduate  
bears witness to her fame.  
Her graduates she sends  
unto our great and mighty land.  
Inspiring each and everyone  
for high ideals to stand,  
Throughout the halls of learning  
our voices loud we raise.  
To Haddon Township High School  
we sing our songs of praise.**



## **ATHLETIC PHILOSOPHY**

The Haddon Township School District believes that a dynamic program of student activities is vital to the educational development of the student.

Athletics play an important part in the life of Haddon Township High School and Middle School. Young people learn a great deal from participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are integral parts of our athletic program. Athletic participation also plays an important part in helping students develop a healthy self-concept as well as a healthy body. Athletic competition improves school spirit and helps students develop pride in their school.

The major objective of the athletic program is to provide wholesome opportunities for students to develop positive leadership habits and positive attitudes of social and group interaction.

Coaching leadership should be of the highest quality and should provide athletes with examples of exemplary behavior. Measurement of leadership success should not be measured in terms of the tangible evidence of the victories and defeats. Instead, character, courage, and integrity will be major objectives of the athletic program.

The athletic program will always be consistent with the general objectives of the school. The athletic administration should be oriented to general policies of the institution. At no time will the program place the total educational curriculum secondary in emphasis; program leaders will constantly strive for the development of well-rounded individuals, capable of taking their place in modern society.



## ◆◆OBJECTIVES OF ATHLETIC PARTICIPATION◆◆

- **To provide a positive image** of school athletics at Haddon Township High School.
- **To strive always** for playing excellence that will produce winning teams within the bounds of good sportsmanship while enhancing the mental and physical health of student athletes.
- **To ensure growth** and development that will increase the participants; that will give impetus to increased contest attendance; that will enhance a program of maintenance and improvement of athletic facilities.
- **To provide opportunities** that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
  - 1) Physical, mental, and emotional growth and development.
  - 2) Acquisition and development of special skills in activities of each student's choice.
  - 3) Development of commitments such as loyalty, cooperation, fair play, and other desirable social traits.
  - 4) Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously.
  - 5) A focus of interests on activity programs for student body, faculty and community that will generate a feeling of unity.
  - 6) Achievement of initial goals as set by the school in general and the student as an individual.
  - 7) Provisions for worthy use of leisure time in later life, either as a participant or spectator.
  - 8) Participation by the most skilled that will enable these individuals to expand possibilities for future vocational pursuits.
- **To provide a superior program** of student activities that includes appropriate activities for every participant.
- **To provide an opportunity** for students to experience success in the activities he/she selects.
- **To provide sufficient** activities to respond to a wide variety of students interests and abilities.
- **To provide student activities** which offer the greatest benefits for the greatest number of students.
- **To create a desire** to succeed and excel.
- **To provide for the students'** worthy use of leisure time now and in the future.
- **To develop high ideals** of fairness in all human relationships.
- **To practice self-discipline** and emotional maturity in learning to make decisions under pressure.
- **To be socially competent** and operate within a set of rules, thus gaining a respect for the rights of others.
- **To develop an understanding** of the value of activities in a balanced educational process.



# **HADDON TOWNSHIP ATHLETIC DEPARTMENT POLICIES**

## **ACADEMIC ELIGIBILITY**

All student-athletes should be familiar with the eligibility rules required by the NJSIAA. Copies of all regulations are available online at [njsiaa.org](http://njsiaa.org).

Standard NJSIAA eligibility forms and rosters will be completed by the Athletic Department secretary, checked and verified by the head coach of each sport, signed and authorized by the Athletic Director and Principal and submitted to the state before the first scheduled contest of each sport. Copies of the forms remain on file in the athletic office. Accuracy is of primary importance with these documents to avoid the embarrassment of a possible forfeit/consequence administered by the NJSIAA.

Academic eligibility is an integral part of the entire eligibility process and a student-athlete must meet the standards set forth by the NJSIAA before participation is granted. The regulations are contained on the NJSIAA website and must be verified for each student-athlete by the Guidance Department each season. Below is a summary of the requirements:

- To be eligible for athletic competition during the first semester (September 1 to January 31) a student must have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding academic year.
- To be eligible for athletic competition during the second semester (Feb. 1 to June 30), a student must have passed the equivalent of 12 1/2% of the credits (15) required by New Jersey for graduation (120) at the close of the preceding semester (Jan. 31). Full-year courses shall be equated as one-half of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.

## **ATTENDANCE/DISCIPLINE RULES FOR ATHLETES**

The major objective of the Haddon Township School Interscholastic Athletic Program is to provide wholesome opportunities for students to develop positive leadership habits and attitudes of social and group interaction (see Athletic Philosophy and Objectives of Participation). Remember that participation in interscholastic athletics at Haddon Township High School is a privilege granted by the Board of Education and along with this privilege and its benefits come certain responsibilities, which every athlete must accept:

- The athlete must recognize that the primary reason for attending school is to become a responsible citizen and educated person.
- The athletes must conduct themselves in the community in a manner, which will bring credit to their team, sport and school.
- The athlete must adhere to all rules set forth in the Student and Student-Athlete Handbooks.
- The athlete must strive to reach the upper limits of his/her individual athletic potential.

The student-athlete contract and parent permission form are included on FamilyID as part of our physical form and must be completed by both parties. Failure to provide these electronic signatures will prohibit participation in the sport by the athlete.

It is expected that all athletes will participate in all practices and games, adhere to all rules set forth by the school, the Athletic Department as well as their individual coaches, and conduct themselves in an exemplary manner at all times. Those who do not will be subject to appropriate discipline.

## **Athletic Department Discipline Procedures:**

- A student that is suspended from school, in ISS or temporary OSS, will be ineligible for contests or practices during that time.
- A student must be in attendance for at least a half day (11:00AM), if they are to practice or participate in a contest. Friday will declare the eligibility for Saturday contests. Any exceptions will only be considered by the Athletic Director.
- Fighting during a contest is strictly forbidden. Since athletic contests are a school function a student-athlete involved in a fight during an athletic activity is subject to the same discipline as if they were in school or on a field trip. After an investigation of a fighting incident, consequences will be determined by the coach, Athletic Director and Vice Principal and may include suspension from the team. If a second offense occurs during the same season or a subsequent season during the same school year the athlete will be removed from the team, forfeit all awards and the athlete may no longer participate in any sport for the remainder of the school year.
- For other offenses see the Athletic Participation Form.

In general, if the student brings discredit to the school or team, he/she will be subject to disciplinary action and may lose the privilege of participating in the Haddon Township athletics program.

## **SOCIAL MEDIA POLICY**

As you begin participation in another athletic season, the Athletic Department of Haddon Township Middle and High Schools wants to make sure you are aware of the revised social networking guidelines. The Haddon Township Public Schools and the Athletic Department recognize and support the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for the Haddon Township School District is a privilege. As a student-athlete, you represent the Haddon Township School District and its communities and you are expected to portray yourself, your team, and the school district in a positive manner at all times.

Below you will find the new guidelines for social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Haddon Township School District Department of Athletics will not tolerate disrespectful comments and behavior online, such as:
  - Derogatory language or remarks that may harm my teammates or coaches; other Haddon Township student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents
  - Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors
  - Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person
  - Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional

In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image you can be proud of for years to come.

## **PHYSICAL EXAMINATION REGULATIONS**

We recommend you schedule sports physicals well in advance of the season. The **Haddon Township Athletic Department Athletic Pre-Participation Physical Examination Packet** is available in the nurse's office, as well as the HS web page under ATHLETICS. Please be sure to utilize our school forms when obtaining a physical for your student-athlete (all information required by our school district and the state is included on these forms) and understand that only licensed physicians are permitted to perform these examinations.

No student-athletes will be allowed to participate on any athletic team until proper medical examinations have been reviewed by the School Nurse and athletic department and approved by the School Physician. Athletic Physicals are valid for 365 days from the date of the original physical. However, *Medical Updates* (Part A of physical packet) are required, if the original physical was conducted more than 60 days before the first official practice date. This is to ensure that there has been no change in the student-athlete's condition. It is important that all timelines be met - athletes may not participate until paperwork is submitted, recorded and processed. Late submissions may result in the athlete missing practices and/or games.

### **Summary of Physical Examination Information**

- If a student-athlete has valid documentation of a physical (within 365 days and verified by the nurse) he/she only needs to complete the Health History Questionnaire - Part A, Emergency Card, Steroid Consent Form, Parent/Athlete Signature Form, and the Student-Athlete Contract. These forms are submitted to the school nurse prior to the deadline date announced before each season.
- If a student-athlete needs a new physical, he/she should complete the entire Athletic Participation Physical Packet and bring the forms with them to their own doctor or submit to the nurse for an appointment with the school doctor.
- Coaches should note any physical problems of their athletes. The doctor will often emphasize any problems or concerns or special circumstances.
- Previously known injuries should be brought to the physician's attention for more careful examination.
- A school nurse/athletic trainer will be present at all physical examinations given at the school.
- Original physical examination forms will be filed in the School Nurse's office. The Coaches office will keep a copy of the emergency card and contract.

## **TRANSPORTATION**

- Student-athlete bus behavior must be beyond reproach. Appropriate demeanor and reasonable volume must be maintained at all times. No abuse, distasteful or obscene language or unsafe actions will be permitted. **All athletes are expected to arrive and return to the school as part of the team.**
- A coach may allow a student-athlete to return home from an away event only after a parental release form is submitted to the Board of Education Office. At this point, the parent of that child will assume all responsibility. At no time are students allowed to drive themselves to or from athletic contests. We encourage all team members, whenever possible, to use the assigned school transportation. This promotes team unity, ensures proper supervision, and allows for greater safety of our students.

## **INSURANCE**

All student-athletes are covered by the Haddon Township Board of Education insurance policy. In short, this policy is an “In excess” policy and requires parents to submit any claims to their own private insurance company prior to submitting a claim to our Board of Education. If the parental claim qualifies, the parents would be reimbursed for that which was not covered by their private insurance. Questions regarding this policy and to pick up forms can be accomplished through the School Nurse.

## **ACCIDENT/INCIDENT REPORT**

Any student-athlete injured during a practice, game or any activity affiliated with a sport must report the accident/incident to his/her coach and the Athletic Trainer at the time of the injury. The coach and/or the Athletic Trainer will then process a *Student Incident Report Form* that will be reviewed and authorized by the Athletic Director and filed with the School Nurse. Failure to report an injury at the time of the incident may result in the forfeiture of health insurance coverage.

## **ATHLETIC EQUIPMENT**

- All equipment and uniform items distributed by coaches is marked for the purpose of maintaining accurate records. Any equipment or uniforms issued to athletes will be recorded on an inventory distribution form to be used by coaches for collection purposes at the conclusion of the season.
- Athletes will be held accountable for any lost, stolen, or damaged merchandise and must pay the ***replacement*** charge for that item(s).
- School-issued equipment should be secured at all times. Do not leave equipment in unlocked lockers. Again, lost, stolen or damaged equipment is the responsibility of the student-athlete and he/she will be charged the replacement cost.
- Uniforms should not be worn as regular school clothing (exception: Pep Rally). In addition, school issued uniforms and/or equipment may not be used for participation on outside athletic (i.e. recreation, traveling) teams.
- Issuing of equipment for out-of-season or summer use is prohibited unless specifically approved by the Athletic Director. This may only occur in cases involving “special expensive” equipment that athletes are not required to provide on their own (e.g. field hockey goalie equipment). This equipment may only be used for attendance at a camp.

## **STUDENT-ATHLETE ATTIRE**

It is the responsibility of the coach to see that student-athletes are properly dressed when visiting other schools or facilities. Non-playing student-athletes should dress appropriately when attending and remaining on the sidelines at a contest. In situations when a team is traveling to an away contest dressed for the game (i.e. soccer, baseball, etc.) the athletes should be wearing their uniforms upon exiting the bus to the field.

## **PHYSICAL EDUCATION EXCUSES**

**Athletes are not excused from Physical Education classes for any reason including the day of games.** Athletes, after presenting the situation to the instructor, may be excused from strenuous activity (i.e. prolonged running) at the discretion of the instructor. The P.E. instructor may refuse this request at their discretion.

## **CAPTAINS**

Team Captains - Coaches may use various methods for selecting captains for their team. These captains will be escorted by the Athletic Office to the Colonial Conference Sportsmanship Workshop at the beginning of the season and will be required to bring any rule changes back to their program.

## **TRAINING RULES**

Training rules - All coaches should have established policies regarding proper training habits for their student-athletes. Although sports differ, coaches should have a common stand on the following general rules for all Haddon Township athletes (*See Athletic Participation Form*)

- a) No smoking
- b) No substance use/abuse (including alcohol, drugs, “club drugs”, prescriptions, OTC, steroids, etc.)
- c) Regular sleep
- d) Good eating habits (supplements are never encouraged and are prohibited on campus)
- e) No gambling

Athletes are reminded to avoid gatherings where compromising behaviors can take place. Guilt by association is quite often the result. Remember that your coaches, parents, and the administration expect you to be good citizens in the community, in school, and as an athlete representing Haddon Township High School.

## **VALUABLES/SECURITY**

Team members should be made aware of the responsibility for securing valuables. Since many teams dress away from home coaches must establish security procedures to prevent loss of valuables. Student-athletes should not bring anything of value to away contests or leave valuables in the school locker room unattended.

## **IN-SEASON FAMILY AND/OR NON-TEAM COMMITMENTS**

An athletic season is defined as the first permitted practice date as established by the NJSIAA Rules and Regulations to the last scheduled contest and/or league, county, state or national tournament contest. In order to be eligible for a varsity letter, an athlete must be on the team in good standing at the end of the season.

It is the goal of the athletic department to encourage regular and forthright communication between and among student-athletes, coaches and parents. With this in mind, athletes and parents are to communicate any family and/or club athletic commitments that may occur during said season to the head coach prior to the beginning of each season.

Participation on teams sponsored by non-school organizations during a season when the student is a team member representing HTHS is not recommended. If a student-athlete chooses to participate on teams by non-school organizations, it will only be permitted upon the written request prior to the beginning of each season and with the approval of the head coach. This is to assure team loyalty and to prevent over-extension, which can possibly result in injury and poor academic achievement. If an athlete chooses to miss any contest or competition during an athletic season to fulfill a non-school organization commitment, the athlete may forfeit the right to a varsity letter at the discretion of the coach and the athletic director.

## **THEFT**

Theft is considered any act of stealing when visiting other schools or if it is determined that property was stolen from our school or from members of a team.

**1<sup>st</sup> offense** – removal from the team for the remainder of the season and forfeit the rights to receive any awards or school related scholarships in that sport.

**2<sup>nd</sup> offense** – dismissal from the team and any other teams for the remainder of the school year and forfeit the rights to receive any awards or school related scholarships in those sports.

## **CONTEST DISQUALIFICATION PROCEDURES**

Disqualifications are a major concern of the NJSIAA and the Haddon Township Athletic Department. All disqualifications will be addressed with a “no tolerance” posture and additional penalties will be assessed for major contest infractions. For many years we were disqualification free. We have created and will enforce preventative measures to help assure contest disqualifications do not happen to our sports programs at any level. When a disqualification is reported to the Athletic Director, the consequences for the infraction will be imposed immediately. After the principal receives an official/referee/umpire NJSIAA disqualification report the procedures below will be followed:

1. Contact by the Athletic Director to the parent explaining the violation and the “no site” rule during the suspension.
2. Student and coach meeting with the Principal and Athletic Director.
3. Haddon Township school rules will apply and discipline administered as if the offense occurred during school session. This will occur in fighting and/or flagrant verbal abuse or foul language cases at the discretion of the Athletic Director and Principal.
4. If there are several disqualifications of individual students within a particular program or level, the coach will be addressed.

The important objective of every sport program at HTHS is to instill ***GOOD SPORTSMANSHIP*** in our student-athletes, making this a priority for everyone, and our coaches must lead by example.

## **ATHLETIC AWARDS**

It is important that student-athletes be recognized for their hard work and efforts when participating in the Haddon Township Athletic Program. At the conclusion of every season, coaches will conduct end of season ceremonies/banquets for the purpose of recognizing these student-athletes in the presence of their families and friends. The Athletic Department has established awards that are distributed to qualifying athletes. The criteria for the disbursement of these awards are different from sport to sport and are listed in this section. Our purpose is to recognize as many athletes as possible with the highest accolades as possible.

### **◆ Awards Procedure**

Any athletic recognition for a student-athlete will be awarded if in the opinion of the awarding coach, the student-athlete’s performance has met the established criteria and therefore merits recognition. Each Varsity Coach must establish award criteria for their sport. A copy of the criteria will be kept on file in the athletic office.

## ◆ Awards

### Junior Varsity:

- Certificates of Participation & 4” HT Letter- All

### Varsity:

- First Year: Certificate of Participation, Letter\*, and 6” HT chenille letter\*\*
- Second Year: Certificate of Participation, Bar
- Third Year: Certificate of Participation, Bar
- Fourth Year: Certificate of Participation
- Most Valuable Player Plaque – Coach discretion
- Most Improved Player Plaque - Coach discretion
- Coaches’ Award - Coaches’ discretion
- Sportsmanship Award - Coaches’ discretion

## ◆ Special Considerations

Seniors who have not met the established criteria for a varsity letter but have participated in the sport may receive a varsity letter. A Head Coach may recommend awards in special cases to athletes who have not met the established criteria after consultation with the Athletic Director.

## ◆ Banquet Awards

At the conclusion of each school year a Varsity Awards Banquet is held for the purpose of recognizing all the Varsity student-athletes who have completed the year for Haddon Township High School. Awards will be voted on by Head Coaches only. These are senior awards for the graduating class; other years of participation will not affect the outcome. The student must be a member of the program in good standing and be a person of good character. Quitting or being dismissed from a club or a team for disciplinary reasons will affect award eligibility, including attendance at the dinner. Although the Team and Individual Sport Awards are sport specific, all coaches will vote for these recipients.

## ◆ Statisticians and Managers

- Certificate each year of service
- Varsity letter senior year

## ◆ Individual and Team Academic Awards

Listed below are awards distributed on behalf of the Colonial Conference and the NJSIAA. The Principal and Athletic Director select the recipients for the awards sponsored by outside organizations based on athletic ability, academic standing, community service, and character.

- **Colonial Conference Scholar Athlete Award** – Selected by the Principal, Athletic Director, and Guidance Dept. this award is given to one male and female senior athlete that best exemplifies the term “Scholar Athlete” and is chosen on the basis of high academic scholarship, outstanding athleticism, community service and character.
- **NJSIAA Scholar Athlete Awards** - Selected by the Principal, Athletic Director, and Guidance Department, this award is given to one male **or** female senior athlete that best exemplifies the term “Scholar Athlete” and is chosen on the basis of high academic scholarship and outstanding athleticism.
- **Colonial Conference Sportsmanship Award** - Selected by the Principal, Athletic Director, and Guidance Dept. this award is given to one male **and** one female senior athlete that best exemplifies “Sportsmanship” and is chosen on the basis of high academic scholarship, dedication to sportsmanship, and character.

### ◆ **Additional Award Regulations**

- All awards (letters and bars) should be worn on appropriate clothing only.
- Only award recipients should wear any award received.
- Coaches should avoid discussion of awards unless specific questions arise regarding the established written criteria.
- Award lists must be submitted in advance (7 working days) of any ceremony and must be approved by the Athletic Director.
- Coaches are responsible for accurate award request lists and must gather all awards located in the athletic office.

# Individual Athletic Award Criteria

UPDATED 2016

## BASEBALL/SOFTBALL

- Players who have demonstrated commitment and dedication to the level/team they are assigned will be awarded the recognition established for that level/team regardless of appearances or innings at the discretion of the coach.

## BASKETBALL - BOYS AND GIRLS

- Must have played in at least 50% or more of the games.
- Players who have demonstrated commitment and dedication to the level/team they are assigned will be awarded the recognition established for that level/team at the discretion of the coach.

## CHEERLEADING

- Cheerleaders who have demonstrated commitment and dedication to the level/team they are assigned will be awarded the recognition established for that level/team.
- In all cases the athlete must be a member in good standing at the time of the awards presentation.

## CREW

- All crew athletes are expected to strive to meet the goals set by the club, including leadership development, teamwork, sportsmanship, and competence.
- To earn a **Varsity** letter, rowers must complete four seasons with the club and row in a varsity boat in at least one regatta.
- To earn a **Junior Varsity** letter, rowers must complete at least three seasons with the club and row in a JV boat in at least one regatta.
- All crew athletes who complete a full season in good standing with the club will be eligible for a participation certificate.

## CROSS COUNTRY - BOYS AND GIRLS

- Run varsity in all dual/tri meets and more than 50% of invitational meets.
- In all cases the athlete must be a member in good standing at the time of the awards presentation.
- Frequent unexcused absences may prevent the awarding of a letter.

## FIELD HOCKEY

- Must play in at least 50% of the halves of the games played. (i.e., if the team plays twenty games – 40 halves - the player must have competed in at least twenty halves)

## FOOTBALL

- Any athlete with at least 20 quarters of varsity playing time during the varsity season.
- Any athlete that starts and remains on a special teams unit for 80% of the season.

## LACROSSE

- Must have played in at least 50% or more of the total number of games during the season.
- Players who have demonstrated commitment and dedication to the level/team they are assigned may be awarded the recognition established for that level/team at the discretion of the coach.

### **SOCCER - BOYS AND GIRLS**

- Must have played in at least 50% or more of the total number of games during the season.
- Players who have demonstrated commitment and dedication to the level/team they are assigned may be awarded the recognition established for that level/team at the discretion of the coach.

### **SWIMMING BOYS AND GIRLS**

A varsity letter may be earned by accomplishing any ONE of the following criteria listed below.

NOTE: Accomplishing one of the criteria does not guarantee earning a varsity letter - Practice attendance, behavior, attitude, dedication, and commitment to the team will be considered.

- Swimmer cuts "2" of the Varsity Cut times from above
- Swimmer earns 15 total points during dual meets for the entire season (relay points = 1/4 for each swimmer)
- Coach's discretion

### **TRACK (OUTDOOR) - BOYS AND GIRLS**

- You will earn a varsity letter by scoring a minimum total of nine (9) points throughout the season or placing in a varsity championship meet.
- In all cases the athlete must be a member in good standing at the time of the awards presentation.

### **WRESTLING**

- Any wrestler in good standing who wrestles (not weighs-in) in at least one third (7 to 8) varsity matches achieves varsity designation.

