

Criteria for Varsity Awards

A. General Criteria – Applicable to all sports

1. An athlete must always conduct himself/herself in a manner that reflects a good image of the team and school.
2. His or her attendance and attitude at practice must be satisfactory to the coach.
3. Coaches reserve the right to waive specific criteria in the event of injury or special circumstances.

B. Specific Criteria – Pertaining to each individual sport:

1. Football: An athlete must have participated in at least 2/3 of quarters the team has played.

2. Field Hockey: An athlete must have participated in 1/3 of total halves played

3. Cross Country: 350 points needed to earn a varsity letter for the 2016 cross country season

Summer (preseason) Practice Run (June 14 – September 3 rd)	5 pts per run
Online Logging of Summer Runs (XC Google Sheets)	2 pts per log run
In-season Training (per week)	10 pts per week
Organizing Team Dinners	20 pts per event
Organizing a Fundraiser	25 pts per fundraiser
Setting a 5k Personal Record in-season	10 pts per PR
Top 3 5k Finish	25 pts @ any meet

* 5 points will be deducted from a high school cross country runner's total points earned per unexcused absence in-season. Refer to our South Hunterdon Regional High School XC & TF Team Rules.

4. Cheerleading: An athlete must have participated in all scheduled events barring excused absence.

5. Basketball: An athlete must have participated in 1/2 of the total games.

6. Baseball: An athlete must have participated in 1/2 of teams total games. Pitchers must have competed in 2/3 of total innings.

7. Softball: An athlete must have participated in 1/2 of teams total games. Pitchers must have competed in 2/3 of total innings.

8. Golf: An athlete must have participated in 1/2 of teams matches.

9. Bowling: An athlete must have participated in 1/2 of teams matches.

10. Soccer: An athlete must have participated in 2/3 of the total number of games.

11. Track: 300 points needed to earn a varsity letter for the 2017 spring track & field season

Summer workouts	5 pts per workout
Attendance to a summer T&F camp	25 pts per camp
In-season Training (per week)	10 pts per week
Organizing Team Dinners	20 pts per event
Participating in Fundraising	10 pts per fundraiser
Setting a Personal Record (PR) in-season	10 pts per PR
Scoring minimum of 10 points for the season	25 pts
Reaching a performance standard (table below)	50 pts @ any meet
Advancing as individual/relay team per state meet	50 pts per state meet

* 5 points will be deducted from high school track and field student athlete's total points earned per unexcused absence in-season. Refer to our South Hunterdon Regional High School XC & TF Team Rules for attendance expectations.