

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: 250 points needed to earn a varsity letter for the cross country season

High school cross country runners will earn points towards a varsity letter. The point system has been designed to instill summer team running, achieving personal 5k records, organizing team events, participating in fundraising activities, daily training in-season (start of the school year), and representing the cross country program in a manner deserving of a varsity letter. From the end of June through the beginning of August, our high school cross country runners will have multiple optional weekly runs. Runs will gradually increase in volume and frequency over the course of the summer in preparation for 5-6 days of running per week during the official preseason (mid August to the start of the school year). The goal of our summer running program is to prepare our high school cross country runners for the demands of a 12 week in-season schedule. Along with an intensive varsity cross country training program comes opportunities to provide leadership, promote South running, and contribute to the success of South cross country. The point system below will determine whether a high school cross country runner will be awarded a cross country varsity letter.

250 points are needed to earn a varsity letter for the cross country season. This total may be reduced at the coaches discretion based on injury, illness, or extenuating circumstances of the season.

Summer/Preseason Practice Run (mid June- end of August)	5 pts per run
Running in 5k Race Outside of the Season	10 pts per race
In-season Training (per week)	10 pts per week
Providing Snacks/Drinks for a Meet	10 pts (max)

Organizing a Team Dinner	20 pts (max)
Participation in Fundraising fundraiser	25 pts per fundraiser
Setting a 5k Personal Record (PR) In-Season	20 pts per PR
Setting a Course PR	10 pts per Course PR
Finishing in the Top 3 Overall at any Meet	25 pts per meet
Finishing in the Top 5 on the Team at any Meet (top 3 if <6 runners)	10 pts per meet

*5 points will be **deducted** from a high school cross country runner's total points earned for each **unexcused absence** in-season. Refer to the South Hunterdon High School XC/TF Team Rules for an explanation of excused and unexcused absences.

- 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 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.