A varsity letter is not a certificate of participation. Giving varsity letters for coming to practice every day would be equivalent to naming students to the academic honor roll for having perfect attendance in school. A varsity letter is something to be earned, not something to be given.

Athletes must meet the following standards in order to be eligible to receive a varsity letter in track & field:

***Standard 1:*** Athletes must demonstrate a good work ethic, positive attitude and good sportsmanship. Remember that you are representing yourself, your family, your team and your school and you should do so in a socially acceptable manner. Failure to uphold these ethics may result in a forfeit of a varsity letter.

***Standard 2:*** At least 90% attendance is required at all practices. In some cases, an unfortunate event beyond the athlete’s control may result in several missed practices. This may be considered as an exception when calculating practice attendance.

Athletes must have participated in the following number of meets in the current competition season (meets are not carried over from previous years of participation):

* At Least 6 out of 8 Possible Meets
* At Least 7 out of 9 Possible Meets
* At Least 8 our 0f 10 Possible Meets

***Standard 3:*** Suspension due to tobacco, alcohol, and other drugs is an automatic forfeit of an athlete’s letter. While various levels of suspension will determine participation eligibility, varsity letters will not be awarded under any circumstance. The tobacco, alcohol, and other drug policies are clearly defined in the student handbook.

***Standard 4:*** In addition to previous standards, athletes must also earn the following competition results:

Option #1: Season Results

* Place in at least the top 3 in an event in 3 or more meets.
* Place in at least the top 4 in an event in 4 or more meets.
* Place in at least the top 5 in an event in 5 or more meets.

Option #2: District Results

* Place in the top 3 in any event.
* Place in the top 4 in 2 events.
* Place in the top 5 in 3 events.
* Qualify for state competition in an event (**excludes:** alternates, unless they run)

*\* All placements are contingent on the fact that the finish is in at least the top half of the number of participants in that event.*

**NOTE:** The coaching staff and school administration of Sherman Jr./Sr. High School reserve the right to withhold or award varsity letters for conditions not addressed in this document.