

Lassiter Cross Country Lettering Policy

The varsity letter award indicates that an athlete has contributed to the overall goals of the program both in a competitive sense and a team building perspective. Athletes receiving a letter should be seen as being the embodiment of what is desired in a member of the team. It is important to understand the rather unique position of cross country relative to other sports in that we do not have separate varsity and junior varsity squads. All athletes train together with the top 7-10 athletes being selected for that week's varsity race depending on what the meet allows. The placement of athletes in Varsity, JV, or Open races will be done based on performances in prior races, injury status, and other factors taken into account by the coaches. Therefore our "Varsity" squad will evolve over the course of the season. Simply being on the varsity squad for a meet does not guarantee a letter. There will be several ways to earn a letter as described below.

- **Championship Roster:** Being one of the 12 names submitted to the region secretary in mid-October as the Varsity Roster. Any 7 of those athletes may run in either region or state.
- **Varsity Participation:** Running in 50% or more of the meets in the varsity/ championship race.
- **Qualification on Time:** Running one of the times below on a 5k course in a meet for Lassiter.

	Girls	Boys
9 th Grader or New 10 th	22:45	18:30
10 th Grader or New 11 th	22:30	18:15
11 th and 12 th	22:00	18:00

- **Team Service:** A letter may be awarded to a 12th grade athlete who has participated with the team for at least 3 consecutive years, participated in team workdays, summer practices, and has been a positive member of the team.
- **Captain's Letter:** Among those athletes who would not letter otherwise, the team captains may choose one athlete per gender to receive a letter if they feel a special case exists.

Additional Requirements:

1. A varsity letter winner must be present at 95% of all practices and may miss no more than 1 meet for any reason.
2. They must finish the season in good standing on the team, meaning that they have continued to participate fully until the season ends for them whether that is at the region or state championship meet.
3. They must also, conduct themselves in a way that is healthy for themselves and team chemistry. Athletes may lose their letter status if the coaches feel that an athlete has conducted themselves in a manner that the team should not be proud of. Once again, the varsity letter will be given to athletes who embody the total picture of what is desired in a Lassiter Cross Country runner.