

REQUIREMENTS – VARSITY LETTER AWARDS

Baseball

Letter winners must play a total of $\frac{1}{2}$ the total innings. Pitchers must appear in $\frac{1}{3}$ the total games. Athletes who do not reach these totals, but make contributions to the team, are awarded letters at the discretion of the coaches.

Boys Basketball

Any player who practices and competes with the Varsity Basketball Team for a complete season will have earned a varsity letter and/or sport patch.

Any player who moves up from junior varsity to varsity level during the course of the season must compete in at least $\frac{1}{2}$ of the total games on the varsity schedule in order to earn a letter and/or sport patch.

Any player who competes in at least $\frac{1}{2}$ varsity games during a single season will have earned a sport patch for that season after already earning a varsity letter.

All awards shall be awarded at the discretion of the coach.

Girls Basketball

An athlete must complete a full season unless injured and participate in 50% of game quarters. Athletes who do not reach these totals, but make contributions to the team, are awarded letters at the discretion of the coaches.

Cheerleading

Must have cheered in a full varsity season having fully participated in a minimum of 95% of the events. Athletes who do not reach these totals, but make contributions to the team, are awarded letters at the discretion of the coaches.

Cross Country

Letters-runners must meet the District qualifying time during the year on a 3.1 mile course or score in the top 5 for their team in 50% of their races.

All awards shall be at the discretion of the head coach.

Field Hockey

An athlete must complete a full season unless injured and participate a minimum of 80% of all varsity games in order to earn a varsity letter. Athletes who do not reach this total, but make contributions to the team, are awarded letters at the discretion of the coaches.

Football

Based on number of plays (participated in) from scrimmage and overall performance while representing FHS on the field and off.

Players need to participate in 40% of the total number of plays from scrimmage

The “over-all-performance” is evaluated subjectively by the coaching staff and may, in exceptional circumstances, outweigh the player-participation variable.

(a) Exceptional circumstances may include a player whose performance is outstanding (blocked 7 punts, kicked 3 game winning field goals, and the like), be in a consistent rotation of an offensive or defensive position, be on all special teams throughout the season, or an individual who by improving throughout the year, wins a starting position late in the season (w/o reaching established % of plays).

(b) Conversely, a player who violates particular policy (football or school), but is subject to suspension even having met the above criterion may not receive a letter pending coaches' evaluation.

Managers and/or Trainers

A letter and insert will be awarded to a manager and/or trainer after their **second** year of successful work with a team

Girls Softball

An athlete must complete a full season, unless injured, and participate in ½ total innings of the season. Athletes who do not reach these totals, but make contributions to the team, are awarded letters at the discretion of the coaches.

Track

Must earn at least 20 points a season.

Volleyball

Must have participated in 50% of total varsity games. Athletes who do not reach these totals, but make contributions to the team, are awarded letters at the discretion of the coaches.

Wrestling

Must have competed in at least one-third of the varsity matches including holiday tournaments, or represented the team in post season tournaments such as sectionals, districts, etc.

Golf

Must have participated in 50% of contests during the golf season.

Soccer

Must have participated in ½ of all varsity quarters throughout the regular season. Athletes who do not reach these totals but make contributions to the team, are awarded letters at the discretion of the coaches.

Any senior who participates and competes with a varsity team for a complete season will have earned a varsity letter.