

# 2010 Lettering Criteria

## ALL of the following:

- Successful completion of season
- Miss no more than one meet (if injured or not racing, come to support other athletes)
- Miss no more than 7 practices- Special circumstances will be handled on a case-by-case basis
  - If you must miss practice, proactively contact coaches to let them know and to find out what should be done for alternative workouts!
- Have NO unexcused absences, which include:
  - Any absence not reported ahead of time (this does not mean 10 minutes before practice) to coaches via phone or email
  - Any absence not approved by coaches when reported ("I want to go to a friend's birthday party", or "I have concert tickets" would be examples)
- Follow team expectations for practice and meets
- Show good sportsmanship and leadership qualities, represent Edina High School in a manner that reflects its proud tradition

## AND one of the following:

- Accumulate at least 18 lettering points and at least 5 from each category (see below)
- A senior who has been participating and contributing to the team for at least 2 seasons
- Coaches discretion

## Lettering Points:

Preparation and Performance		Commitment and Participation		Character	
Completion of Summer Training Program (turn in form by August 28)	3 points	Years on Edina Team	1 point per year	Participation in a fine arts program (speech, debate, band, choir, etc)	1 point
Attend All Morning Practices	1 point	Completion of regular updates of online training log throughout season (at least weekly)	2 points	Cumulative GPA > 3.0	1 point
Sub-18:40 5K Race	2 points	Miss no more than 3 practices	3 points	Cumulative GPA > 3.5	2 points
Sub-18:15 5K Race	4 points	If missing more than 3 practices, proactively ask for alternative workout plan, document completion of plan, and return to coaches for days missed	2 points	Team Jobs / Volunteering:	
Sub-17:30 5K Race	6 points			Team Job (see coaches):	3 points
				Sell 10 car wash tickets:	1 point
				Volunteer at TC Marathon:	1 point
				Help at Edina MS Invite:	1 point
				Follow Team expectations - no exceptions!	2 points