**Vista Peak Cross Country Lettering Requirements**

**ATTITUDE**

The coaching staff will determine if the athlete’s attitude is acceptable based on the following:

· Does the athlete consistently accept assigned workouts with enthusiasm?
· Does the athlete consistently work up to his/her ability at practice and at meets?
· Does the athlete serve as a good role model and display good sportsmanship?
· Does the athlete take care of equipment, uniform, and locker room?
· Does the athlete show interest in the performance of self and teammates?
· Does the athlete properly prepare for his/her competition?
· Does the athlete advocate for the sport?

**ATTENDANCE**
Attendance is crucial to an athlete’s success; consistently missing practice will hinder an athlete’s performance. Therefore, in the interest of the team as a whole we have a strict attendance policy in place.

· Athlete must arrive on time to practices and meets.
· Athlete will schedule work commitments around their meet and practices schedule.
· Athlete will be removed from the team if he/she has 5 unexcused absences.
· Athlete will be removed from the team if he/she misses 2 meets.
· Athlete will clear all absences from practices/meets with coaches, in advance, when possible.
· Athlete is committed to attending practices / meets and works hard while there.
· Athlete must COMPLETE the season as a productive member of the team.

Provided that attitude, attendance, & participation are satisfactory, a letter will be awarded to each individual who achieves:

**· The athlete placed top 14 at the League meet**

**· The athlete placed top 20 at regionals**

**· The athlete qualified for state (team or individual)**

**· The female athlete ran the time standard of 23:00 or under on a sanctioned 5K course**

**· The male athlete ran the time standard of 19:30 or under on a sanctioned 5K course
· The athlete is a 3rd year participant of the Cross Country team.
· The athlete is a senior who does not qualify in any other category and has participated on the team for 2 years.**
*Please note:* The head coach and assistant coach will make the final decisions regarding lettering.