**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.