**Earning a Varsity Letter**

*(Need to a total of 40 points to letter.)*

Ways To *Earn* Lettering Points

1. Score a total of 40 points at invitational meets.

*(Relay points will be awarded at full value.)*

2. Years of Track & Field Participation

*(1 point for each full year completed)*

3. Perfect Attendance at all practices : *(5 points)*

*(School events or illness are the only exceptions)*

4. Hawk Flock Points

*(Tough Talons, Bird Of Prey)*

5. Participation in the Program Fundraisers

*(Island City Vibes Run, Banner Set-Up / Takedown) : (5 points each)*

Ways To *Lose* Lettering Points

1. Unexcused missed practice : *(5 points)*

2. Inappropriate behavior : *(Minimum of 5 points)*

*(Immaturity at meets, Criticizing teammates, Disrespect to coaches, Etc.)*

3. Suspension for good conduct violations : ***(Forfeiture of lettering points)***

*NOTE : Special consideration will be given to an athlete who has completed four full*

*seasons, but has not earned enough points in a year for a letter.*

\* Inappropriate Behavior

- Being excused from practice by a coach due to inappropriate behavior will result in the

following :

1. First Offense : Inactive for one meet (after attending all practices).

2. Second Offense : Dismissal from the team.