

Varsity Participation Letter Criteria - 2010

Score at least 20 points to earn a varsity participation/ cross country award

Your Points	* Required	Points Possible	Date completed
<input type="checkbox"/>	* Assist with set up our home meet course	1	<input type="checkbox"/>
<input type="checkbox"/>	* Complete and finish 6 meets (invites count)	1	<input type="checkbox"/>
<input type="checkbox"/>	* RUN! Super Sunrise Loop 2x	1	<input type="checkbox"/>
<input type="checkbox"/>	* Complete "Sweet 16" 300's or 400's	1	<input type="checkbox"/>
<input type="checkbox"/>	* Turn in CLEAN equipment BEFORE required date This sheet must be turned in with your uniform before required date	1	<input type="checkbox"/>
<input type="checkbox"/>		1	<input type="checkbox"/>
<input type="checkbox"/>	* Clean gym area/parking area after practice for 15 minutes - coaches time you	1	<input type="checkbox"/>
<input type="checkbox"/>	* Attend 3 other Varsity Sports Events Football is not an option! With some sort of verification - 1 point per event	3	<input type="checkbox"/>

<input type="checkbox"/>	Show visiting team the WHOLE course	1	<input type="checkbox"/>
<input type="checkbox"/>	Run in two summer races(show coaches your #)	2	<input type="checkbox"/>
<input type="checkbox"/>	Give high fives at finish line at all meets	2	<input type="checkbox"/>
<input type="checkbox"/>	Brings snacks to share for girls or boys team	1	<input type="checkbox"/>
<input type="checkbox"/>			<input type="checkbox"/>
<input type="checkbox"/>	Recruit a runner for the XC team	1	<input type="checkbox"/>
<input type="checkbox"/>	Make a XC poster for school/Coach approved	1	<input type="checkbox"/>
<input type="checkbox"/>	Write an article for JagTV News	1	<input type="checkbox"/>
<input type="checkbox"/>	Add Shoes to the shoe tree	1	<input type="checkbox"/>
<input type="checkbox"/>	Give every girl or boy on team a different motivational quote	1	<input type="checkbox"/>
<input type="checkbox"/>	Clean the bus after a meet/invite Help load tent/etc and put tent/etc away etc.	2	<input type="checkbox"/>
<input type="checkbox"/>	Tutor another student in any class for 2 hours Teacher and Student Verification by coach	2	<input type="checkbox"/>
<input type="checkbox"/>	Attend a Choir/Band Concert in the Fall With some sort of verification	2	<input type="checkbox"/>

Total Points: