



## Varsity Letter Requirements

Earning a varsity letter is a major accomplishment in the world of athletics. It is evidence that you have excelled not only on the playing field, court, pool, ice or track, but also in the classroom. The requirements for earning a varsity letter vary from sport to sport. Student athletes are reminded that they Varsity letter is a recognition award determined by the head coach in conjunction with administration. The Varsity letter Award is presented to athletes at the varsity level who have reached athletic criteria that has been set forth by the Hopewell Valley Regional School District. Athletes must meet the earned time criteria that is set forth for each varsity sport. Those who earn a varsity letter are awarded with a Certificate and a varsity letter (first year only) or a sport specific athletic pin (second & third year) or special recognition award (fourth year) at the awards ceremony for each sport that is held at the end of each season.

### General requirements for varsity awards in all sports:

- Must be in good athletic and academic standing, complete the season and be eligible academically.
- Injured players may receive a letter if in the opinion of the head coach he/she would have participated enough if they had not been injured, and also served the team in some capacity while injured.
- Show marked improvement during the season and from the previous season.
- Be of good character, a teammate, and team player.
- Attend all practices, games, meets or matches unless excused by the coach, parent, or doctor.
- Contribute to the team's success.
- Regular member of the varsity team.

In addition to the general award requirements, the following sport requirements will also contribute to the varsity letter awarding:

Soccer (Boys' & Girls'): Play in at least half of the Varsity halves of the season schedule.

Playing during any amount of time in a half counts as playing in a half.

Football: Play in a total of 16 Varsity quarters. One play in a quarter counts as playing in a quarter.

Field Hockey: Play in at least half of the Varsity halves of the season schedule. Playing in any amount of time in a half counts as playing in a half.

Volleyball (Boys' & Girls'): Must play in half of the scheduled Varsity matches.

Cross Country: An athlete must finish in the top 7 in at least 4 races or finish a race with a faster time than below.

#### Boys

Freshman 20:00, Sophomore 19:30, Junior 19:00 and Senior 18:30

#### Girls

Freshman 24:00, Sophomore 23:30, Junior 23:00 and Senior 22:30

Wrestling: Wrestling at least 10 matches at the Varsity level.

Basketball (Boys' & Girls'): Play in at least 25% of the total number of Varsity quarters. Checking into a quarter counts as playing in that quarter.

Track (Winter & Spring): Must participate in half of the meets and achieve minimum qualification standards in their specific event.

Tennis (Fall & Spring): Participate in 50% of the Varsity matches

Ice Hockey: Participate in 50% of the Varsity games.

Cheerleading (Fall & Winter): Cheer in at least half of the amount of scheduled games for fall and half the amount of games for winter. Must also cheer in all scheduled competitions.

Swimming (Boys' & Girls'"): Must participate in at least half of the scheduled meets at the first or second relay or individual event level.

Baseball: Must play in half of the scheduled Varsity games. Playing in one inning counts as playing in the game.

Softball: Must play in half of the scheduled Varsity games. Playing in one inning counts as playing in the game.

Lacrosse (Boys' & Girls'"): Play in at least half of the Varsity halves of the season schedule. Playing any amount of time in a half counts as playing in a half.

Golf: Everyone who makes the team and finishes the year will earn a letter.

Please consult the individual sport Head Coach for further questions about Varsity Letter requirements. Additional questions and information can be referred to the Athletic Director after the Head Coach has been contacted.