

## Clarion-Goldfield-Dows Cross Country Letter Requirements

### **Attendance Requirements:**

1. Participants must attend **all practices and contests on time** unless excused by a coach.
2. Unexcused absences may affect the athlete's ability to earn a letter.

### **Attitude/Conduct:**

All athletes are expected to conduct themselves in such a manner that they follow the rules and regulations set forth by coaches, school district codes, and IHSAA/IGHSAU guidelines. The athlete must display a positive attitude toward the sport, his/her teammates, and his/her role as a team member.

### **Participation and Performance:**

To earn a varsity letter, the athlete must meet one or more of the following criteria:

- A. Participate in at least  $\frac{1}{2}$  of the season's meets as a Varsity athlete.
- B. A rank of 8 or better compared to other teammates' times.
- C. Outstanding accomplishment such as finishing in the top 15 at conference or qualifying for the state meet.

### **Special Considerations:**

Qualify for a letter under special consideration based on one of the following:

- A. Outstanding effort/attitude
- B. Team sacrifice/dedication
- C. Outstanding team contribution
- D. 4-year participation
- E. Surpassing all goal times set at the beginning of the year.
- F. Medical injury difficulties
- G. Other extenuating circumstances