

Lakeville South Cougar Cross Country Letter Policy 2007

To letter in Cross Country, a runner must:

1. Remain academically eligible and comply with all MSHSL and LSHS rules throughout the season.
2. Exhibit a positive team attitude and excellent sportsmanship throughout the season.
3. Participate in Lakeville South Cross Country fundraising activities.
4. Earn 8 points or more during the season.

Points may be earned in the following ways:

- 3 pts. Turn in summer running log signed by parent showing you ran 400 miles or more during the summer.
- 2 pts. Turn in summer running log signed by parent showing you ran 300 miles during the summer.
- 1 pt. Turn in summer running log signed by parent showing you ran 200 miles during the summer.
- 1 pt. Have no unexcused absences from practices or meets.
- 1 pt. Finish a race as one of the top 7 on the girls or boys team.
- 1/2 pt. Finish a race as the 8th, 9th, 10th, 11th, or 12th, runner for the girls or boys team.
- 1 pt. Be cleared for practice by August 13th (physical, fees, paperwork turned in).
- 1 pt. Recruit a new runner for the team who remains on the team for the entire season.
- 1 pt. Come to practice and meets prepared with running watch, water bottle, training shoes and racing

spikes.

Note: The coaching staff, at their discretion, may letter or not letter any athlete due to extenuating circumstances.