

# FALL SPORTS SEASON

## VARSIY SOCCER

1.5 Miles in less than 10 minutes (Boys) in less than 12:30 (girls)  
Play in at least ½ of the total minutes recorded for the season  
Meet all guideline as set forth by the athletic handbook

## VARSIY CROSS COUNTRY

Attend 95% of all pre-season practices  
Participation in ALL meets  
Meet all guideline as set forth by the athletic handbook  
Complete (at least once) a course in the following times:

Seniors:	20:00	Juniors:	20:30
Sophomores:	22:00	Freshman:	23:30

OR

The athlete may earn eligibility for a letter by completing a 1.5 mile run in less than 9:30

## VARSIY VOLLEYBALL

Attend 80% of all summer practices  
Meet all individual and team requirements as set forth in the volleyball player's contract  
Play in ½ of all matches  
Obtain a game serving percentage of 80%  
Run 1.5 miles in 14:30 or less  
Demonstrate knowledge of the volleyball playbook (90% or higher)  
Meet all guideline as set forth by the athletic handbook

## VARSIY GOLF

Attend 50% of all summer practices  
Achieve the status of Varsity Golfer by scoring in the top 6 scores in the first golfer's challenge of the year or by challenging one of the top 6 players and winning that spot at one of the in-season challenge opportunities.  
Play in 75% of all varsity golf matches  
Score less than 105 (18 holes) or 53 (9 holes) in 50% of all matches  
Demonstrate a basic knowledge of the rules and etiquette of golf  
Meet all guideline as set forth by the athletic handbook

# FALL SPORTS SEASON

(Cont.)

## FOOTBALL

Attend 90% of all summer practices

Meet all guideline as set forth by the athletic handbook

Play in ½ of all quarters

Meet any special conditioning or strength requirements and or programs as designated by the coach

## J.V. VOLLEYBALL

Attend 80% of all summer practices

Meet all individual and team requirements as set forth in the volleyball player's contract

Play in ½ of all matches

Obtain a game serving percentage of 70%

Demonstrate knowledge of the volleyball playbook (80% or higher)

Meet all guideline as set forth by the athletic handbook

Run 1.5 miles in 14:30 or less

## J.V. GOLF

Attend 50% of all summer practices

Make the golf team by scoring in the top 11 scores in the first golfer's challenge of the year

Play in 75% of all eligible golf matches

Meet all guideline as set forth by the athletic handbook

Demonstrate a basic knowledge of the rules and etiquette of golf

# WINTER SPORTS SEASON

## VARSITY and J.V. BOY'S BASKETBALL

Attend 90% of all summer practices

Attendance at summer team camp

Play in ½ of all quarters

Meet all guideline as set forth by the athletic handbook

Meet pre-season physical testing requirements for playing varsity basketball

Participate in either a fall sport for M.C.S., compete in a fall basketball league, or complete a coach assigned workout program

## **VARSIITY and J.V. GIRL'S BASKETBALL**

Attend 80% of all summer practices

Meet all guideline as set forth by the athletic handbook

Attendance at summer camp or other approved basketball related summer activity

Play in ½ of all quarters

## **VARSIITY WRESTLING**

Meet all guideline as set forth by the athletic handbook

Attendance at all meets

Demonstrate knowledge of all basic wrestling techinques and moves.

## **VARSIITY CHEERLEADING**

Meet all attendance requirements as set forth by the Athletic Handbook plus

Attend 90% of all summer practices

Attendance at summer team camp (if held)

Meet all guideline as set forth by the athletic handbook

Meet all spirit requirements and duties as prescribed by the head coach

# **SPRING SPORTS SEASON**

## **VARSIITY BOY'S BASEBALL**

Attendance at 80% of all games

Play in ½ of all games

Miss no more than 5 regularly scheduled practices

Meet all guideline as set forth by the athletic handbook

## **VARSIITY GIRL'S SOFTBALL**

Attendance on summer team or other approved softball related summer activity

Play in ½ of all games

Run 1.5 miles in 13:30 or less.

Perform with a 75% fielding percentage

Meet all guideline as set forth by the athletic handbook

## **VARSIITY TRACK**

Meet all attendance requirements as set forth by the Athletic Handbook plus

Compete in 50% of all meets

Demonstrate improvement from the first meet of the season until the M.B.C. meet.

Meet all guideline as set forth by the athletic handbook