

# ANIMAS



*Animas Mid/High School  
Athletic Handbook  
For Coaches, Players and Parents  
2021-2022*

# *Panther*

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## **INTRODUCTION**

The Animas Mid/High School Athletics Handbook is a reference guide for coaches, student-athletes and parents, concerning the policies that govern interscholastic athletics at Animas High School.

The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her squad members to the rules, regulations, and policies governing athletics at Animas High School. The Athletic Director will administer these rules and regulations as they relate to inter squad and inter coach relationships.

Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

## **MISSION**

Animas High School is committed to an interscholastic athletic program based upon excellence, positive student interaction, and the promotion of athletics as part of a complete and well-rounded education program.

## **PHILOSOPHY**

The Animas Athletic Department is an integral part of the total educational process of Animas Mid/High School. Being involved in athletics provides the student with opportunities to learn skills, develop good sportsmanship, develop leadership skills, and learn the ideals of fair play and ethical behavior that are necessary for competition and cooperation in our society. It should also provide our students with the unique opportunities for self-discipline, self-sacrifice, and loyalty to the community, the school, and the team. Animas Mid/High School encourages all students to participate in athletics by offering a well-rounded program of interscholastic athletics for young men and women.

## **GOALS**

1. To encourage the value and enjoyment of participating and striving for excellence;
2. To provide athletes an opportunity for physical and psychological development in a wholesome and competitive program;
3. To develop and improve citizenship, leadership, sportsmanship and teamwork
4. To realize that these young women and young men are both students and athletes, and that the athletic program must always be kept in balance with academic goals.

## **OBJECTIVES**

1. To develop programs that will encourage broad participation, enhance school spirit and generate a feeling of unity among the student body, faculty, and community.
2. To strive for program excellence that will produce competitive teams.
3. To provide opportunities for student athletes to develop their confidence, self-image, and leadership skills.
4. To instill a desire to succeed and excel.
5. To help students realize the rewards of hard work, practice, and sacrifice.
6. To develop self-discipline and emotional maturity in learning to make choices under competitive pressure.
7. To promote the value and importance of teamwork, good sportsmanship, loyalty, and a sense of fair play.
8. To develop special physical skills in the athletic activity of each student's choice, acknowledging that those skills offer extended opportunity for college, professional and associated careers.
9. To develop an appreciation of the need for and enjoyment of physical activity that will carry over to recreational involvement as a lifetime pursuit.

## **COACHING**

Animas Mid/High School hires experienced coaches, dedicated to educating student athletes in developing individual skills, teamwork, good sportsmanship and fair play. Our preference is always to recruit coaches from our faculty and staff. For those coaches hired from outside the school, every effort is made to integrate them into the entire school community. The same behavior expected of a teacher in the classroom is expected of all coaches during practices and games.

## **SPORTSMANSHIP**

As members of the Animas Mid/High School athletic program, students, coaches and parents are expected to demonstrate proper respect for each other, opponents, opposing coaches, teachers, officials, spectators, and the community. Student athletes and coaches are expected to exhibit the highest level of conduct, both on and off the playing fields, as they are at all times a representative of their team, school and community.

## **COMMITMENT**

In order to be successful, a student-athlete must place the highest priority on health, academics, and training. All team members are valuable, and each team needs to know that it can count on its members to be there. Often this means sacrificing social life, family trips and other events, which come in conflict with the rigors of training and competition. Learning how to make choices is one of the most valuable life lessons an athlete takes from a good athletic program.

## **ATHLETIC DEPARTMENT INFORMATION, EXPECTATIONS, PRACTICES AND POLICIES**

### **• EXTRACURRICULAR ACTIVITIES**

**Any student who has accrued (9) absences in one semester may not participate in extra-curricular activities, which may include but are not limited to the following: Athletics, Homecoming queen, National Honor Society, FFA, Mock Trial, Student Council, fieldtrips, etc. A more detailed explanation is in the Student Handbook.**

**Students must be present 4 hours of the school day the day of competition in order to be eligible to play.**

### **• ACADEMIC ELIGIBILITY**

It is the policy of the Animas Public Schools to adhere to and comply with the policies, directives and procedures regarding participation in extracurricular activities as set forth in state statute and the New Mexico Activities Association regulations. For specific eligibility criteria, contact your building principal or athletic director.

1. Student shall have a 2.0 grade point average with no F's, based on a 4.0 grading scale, or its equivalent, for the semester grading period immediately preceding participation.

For students not eligible at the semester, the next six or nine week grading period can be used to regain eligibility. Grades earned during a summer session must be placed on a student's transcript by the school registrar prior to the first day of the Fall semester in order for the course to be utilized for eligibility purposes.

a. All class work counted for eligibility must be acceptable for graduation.

b. The GPA is based on a 4.0 scale with an allowance for consideration of honors points.

c. Cumulative provision

1. A student who is ineligible at the end of a semester may utilize the cumulative provision.

2. Only semester grades can be used, and all semester grades starting with the 9th grade year must be utilized. (The cumulative provision cannot be used for 9th or middle school/junior high Students.)

3. The cumulative provision may not be applied if a Student has more than one "F" in the semester grading period immediately preceding participation.

4. A student must have passed a minimum of 51% of coursework taken by a full time student in the semester grading period immediately preceding participation to take advantage of the cumulative provision option.

2. A Student must be enrolled in more than half of the member school's regular class schedule and in regular attendance during the current as well as the previous grading period.

### **• HEALTH ELIGIBILITY**

Every participant must have an insurance verification form, a copy of the insurance card, a medical release, a consent to treat, a NMAA approved physical and a concussion course certificate of completion on file in the school office.

### **• RELEASE FROM ATHLETIC CLASS**

Once a student decides to quit a sport he/she will immediately be dropped from the athletic class and added to another elective offered at that time. The athlete is to report to the school counselor and retrieve the proper paper work.

### • **TRANSPORTATION**

All team members are expected to ride with the team to and from contests. Buses or school vehicles will be arranged for each contest. Only school employees with (proper paperwork filed) may drive the school vehicles. At no time should students ride with a student driver. With prior written permission of the athletic director, a parent or other adult may drive the child and other teammates directly home after a contest. Children of coaches and/or sponsors, if not a team member, are not allowed to ride the bus for any activity/event.

### • **ATHLETIC TRAINING**

All athletes are to inform their coaches of any injuries before returning to the playing field or court.

### • **WEIGHT ROOM**

Athletes are not allowed to lift any weight without the proper instruction from their coach. Weight lifting is a huge advantage when it is done correctly and taken serious. A good weight lifting program is a very beneficial to the success of any athlete.

### • **AGE FOR PARTICIPATION**

An age limitation requirement provides commonality between student-athletes and schools in interscholastic competition; inhibits “redshirting”; allows the participation of younger and less experienced players, enhances the opportunity for more students to participate; promotes equality of competition; avoids over-emphasis on athletics, and helps to diminish the inherent risk of injury associated with participation in interscholastic athletics.

To ensure equality of competition and opportunity, a standard must be established to determine the cut-off date for age eligibility. Use of a specific cut-off date gives notice to all parties involved in interscholastic athletics and maintains equality of participant eligibility among schools.

A Student who turns 19 years of age after August 31 of the current school year is **eligible** for the entire school year. A Student who is 19 years of age or older prior to SEPTEMBER 1 (12:01 A.M. MIDNIGHT) is **ineligible**.

For Junior High/Middle School, a Student is eligible to play with the grade indicated if the Student is of age at the date outlined herein. If not, the Student must move up to play with the age which is correct for him/her.

**Sixth Grade:** A Student must be less than 13 years of age on August 31<sup>st</sup> of the current school year.

**Seventh Grade:** A Student must be less than 14 years of age on August 31<sup>st</sup> of the current school year.

**Eighth Grade:** A Student must be less than 15 years of age on August 31<sup>st</sup> of the current school year.

**Ninth Grade:** A Student must be less than 16 years of age on August 31<sup>st</sup> of the current school year.

**Note:** Age appropriateness does not supersede allowable semesters of competition.

### **HAZING**

Hazing is defined as any conduct or method of initiation into any student organization that willfully or recklessly endangers the physical or mental health of any student or person. Hazing is strictly prohibited under the NMAA, AHS, and the State of New Mexico.

Hazing is defined as follows:

- To harass by requiring the performance of unnecessary, disagreeable, or degrading tasks.
- To require students to engage in activities which may result in harm or bodily injury to an individual.
- To play abusive and humiliating tricks or pranks on an individual by way of initiation.

All employees are required to intervene when any hazing activity is detected and to report immediately to the building principal(s) any such activity. Failure to report such activities may result in disciplinary action.

## **SAFETY ACCIDENTS/INJURY**

Coaches carry medical forms for all players at all practices and contests. Coaches are trained in basic first aid. If an accident or injury occurs, the coach submits a written accident report to the Athletic Director within 24 hours (accident report form attached.) If the injury is serious the coach will call 911, (9-911 on our school telephones) and the parent. The coach will stay with the student until help is secured.

## **ILLEGAL AND PERFORMANCE ENHANCING SUBSTANCES**

Any athlete found to be in possession of or involved in the use of alcohol, tobacco, smokeless tobacco or narcotics during the season, while attending school or at any AHS-sponsored activity, will be suspended from athletics for a period of time determined by the AHS Administration.

Students participating in interscholastic athletics are prohibited from using steroids or any other performance-enhancing supplements. Coaches shall educate students about the District's prohibition and the dangers of using these substances.

A student who is found to have violated the agreement or this policy shall be restricted from participating in athletics and shall be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with law, and board policies, and administrative regulations.

## **ATHLETIC CODE OF CONDUCT**

Animas Public Schools has a duty to assure that their athletic programs impart important life skills and promote the development of good character. At all practices and athletic contests, coaches, players and parents are expected to emphasize the proper ideals of sportsmanship, ethical conduct and fair play.

### **COACH'S CODE**

The Athletic Director and Coaches are leaders, dedicated to more than the X's and O's of competition. As professional educators, leaders and role models for students, Animas High School coaches and Athletic Director will:

- Exemplify the highest character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member.
- Establish a realistic team goal or vision for each season and communicate that to the athletes and parents.
- Encourage and assist team members to set personal goals to achieve their highest academic potential.
- Create a set of training rules for athletes that reflect the positive values of abstaining from the use of alcohol, tobacco and other drugs.
- Strive to develop the qualities of competence, character, civility and citizenship in each team member.
- Provide a safe, challenging and encouraging environment for practice and competition.
- Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- Respect the integrity and judgment of the game officials.
- Teach and abide by the rules of the game in letter and in spirit.
- Build and maintain ethical relationships with coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Be modest in victory and gracious in defeat.

## **PARENT'S CODE**

Parents play a vital role in the development of student athletes and the success of Animas Mid/High School's programs. Therefore, we expect parents to do the following:

- Be a positive role model through their own actions to make sure their child has the best athletic experience possible.
- Be a "team" fan, not a "my kid" fan.
- Weigh what their children say; they will tend to slant the truth to their advantage.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Don't instruct their children before, during, or after a game, because it may conflict with the coach's plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help their child learn that success is experienced in the development of their skills, and that they can feel good about themselves, win or lose.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if there is a concern. Be sure to follow the designated chain of command. (Coach, Athletic Director, Principal, Superintendent, and Board of Education).
- Please reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.
- Remember that a ticket to a school athletic event is a privilege to observe the contest.

## **SUPPORTER'S CODE (other adult fan)**

The larger school-community has an interest and investment in the success of our Athletic Program. These adults play a key role in reinforcing the educational goals of our program. Therefore, we expect these important program supporters to do the following:

- Remember that a ticket to a school athletic event is a privilege to observe the contest.
- Be a positive role model through their behavior at athletic contests.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Recognize and show appreciation for an outstanding play by either team.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the sport.
- Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.

## **ATHLETE'S CODE**

Given our belief that high school athletics provides a unique opportunity for the development of physical conditioning, athletic skill, and character traits, we expect every Animas Mid/High School athlete to strive for the following:

### ***Competence***

- To develop the skills necessary to participate competently in the game.
- To demonstrate knowledge of the rules and conventions of the game.
- To demonstrate knowledge of the strategies of the game.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the game.
- To demonstrate knowledge of healthy behaviors including nutritional issues.

- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.

#### *Character*

- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences of actions, to not make excuses or blame others.
- To strive to excel.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To demonstrate truthfulness.
- To play by the rules of the game.
- To control anger and frustration and refrain from displays of temper and bad language.
- To accept losing and winning graciously; by congratulating opponents and by not sulking or displaying, other negative behaviors.

#### *Civility*

- To practice good manners on and off the field.
- To refrain from “trash talk” and other put-downs of opponents and teammates.
- To treat all persons respectfully, regardless of individual differences and to show respect for legitimate authority (e.g., Coaches, Officials, Captains).
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To be compassionate and sensitive to others.
- To actively support teammates and others.

#### *Citizenship*

- To be faithful to the ideals of the game, including sportsmanship.
- To keep commitments to the team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of personal goals.
- To set a good example for teammates, younger athletes, fans, and school community.

**We also expect every student athlete in our athletic program to abide by all rules and regulations developed for each individual sports team, and also all rules and regulations approved by the Board of Education and contained in the Student Handbook. For any violation of the Code of Conduct or any other rule or regulation of the Board of Education, student athletes may be subject to discipline, including but not limited to exclusion from extracurricular activities, suspension, and/or expulsion, consistent with law, regulation, and/or board policy.**

## **CONSEQUENCES FOR VIOLATIONS OF ATHLETIC CODE OF CONDUCT**

Players, coaches and/or fans may be ejected from a contest for inappropriate behavior.

For persistent violations for the code of conduct, parents and/or fans may be asked by the coach or AD not to attend future contests.

For student-athlete’s violations of code of conduct during games or practices: playing time may be reduced or student-athlete may be referred to Administration and disciplined according to AHS school procedures

In addition to the above, coaches agree to abide by the NMAA Code of Ethics during games or practices. Unprofessional conduct will be addressed according to NMAA board policies and procedures as well as Animas Public School Policies. (NMAA Board Policy and Procedure Manual, [www.nmact.org](http://www.nmact.org), AHS Policy, [www.animask12.net](http://www.animask12.net) )

Parents and players are encouraged to address concerns about code of conduct violations through the conflict resolution process outlined below. Egregious conduct violations may be brought to the attention of the Athletic Director and Principal immediately.

## CONFLICT RESOLUTION

- First step: Student Athlete contacts coach – The student athlete should present the conflict/issue to the coach as soon as possible. It is always best for students to become their own advocates. It is expected that the majority of concerns will be resolved at this first meeting.
- Second Step: Parent contacts coach and tries to reach a resolution.
- Third Step: Contacting the Athletic Director -- If a satisfactory solution is not reached through direct contact with the coach, the student and/or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made. If needed, a meeting may be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. The AD will respond to student athletes and parents in a timely manner as to the disposition of their concerns.
- Fourth Step: Contacting Administration -- If there is still not a satisfactory resolution, the student or parent may contact the high school Principal. The Athletic Director should be informed that this contact is going to be made. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

## FUNDRAISING

A coach must consult with Athletic Director prior to initiating any additional fundraising activities. Players may only be asked to engage in fundraising activities after they have been selected to a team.

## GENERAL INFORMATION FOR PARENTS AND STUDENTS

### ATHLETIC STAFF

Coaches manage their teams under the supervision of the Athletic Director. Some coaches are full time AHS employees and some are hired on contract for an individual season. Varsity coaches oversee the varsity, JV, and mid school programs for their sport.

The Athletic Director reports to the Principal or Superintendent. The Athletic Director provides for overall leadership and coordination among the various sports to facilitate programs that provide student athletes with worthwhile learning experiences.

### PARENT INFORMATION SESSIONS ABOUT AHS ATHLETICS

The Principal and Athletic Director will hold one information session for student athletes and parents to review and outline the policies of the athletic department, including philosophy, coaching, sportsmanship and commitment. This meeting will be held on August 4<sup>th</sup>.

All sports will hold pre-season meetings to inform students about tryouts and expectations. These meetings will be publicized on the AHS sports website, [www.animask12.org](http://www.animask12.org)

### SEASONS

Fall – Football, Volleyball (girls),

Start Date **TBA** for football. Volleyball start date is **TBA**

Leagues ends mid-November; NMAA play offs **TBA**

Winter – Basketball

Start Date **TBA**

League ends mid-Feb; NMAA play offs end **TBA**

Spring – Track &Field

Start Date **TBA**

League ends late April; NMAA State Track Meet **TBA**

**Note: Commitment is important. Therefore, unless there are extenuating circumstances, any student who fails to complete the entire season will not be eligible to participate in any NMAA sanctioned sport or activity during the next season.**

## **TRYOUTS**

Should try-outs be necessary the following procedure will be followed. Student-athletes should check the school website to find the date of a preseason meeting for each sport. Coaches will hold a pre-season meeting for all interested athletes explaining the tryout schedule, practice and game expectations, any pre-season voluntary conditioning recommendations and criteria for team selection. All athletes meeting eligibility requirements may try out for a team. Tryouts times may vary but generally last 2 weeks. Multi- sport athletes have five days from the end of their season to try out for a new sport.

## **TEAM MEETING**

Immediately following team selection, coaches may meet with all student-athletes and their parents to discuss the following:

- Safety requirements/rules/policies
- School Transportation policy
- Coaching philosophy including factors that affect playing time
- Sportsmanship
- Team rules and expectations
- Schedule of practices and games
- Importance of parents' role in supporting their student athlete
- How to communicate with coach regarding appropriate questions or concerns
- Prohibitions on hazing of fellow athletes, and consequences of such behavior
- Letter requirements

## **PRACTICES**

Coaches will have regular practice schedules depending on availability of field and gym space. Varsity practices are expected to be 2-3 hours in length, 4 – 5 days per week. JV and Mid- school practice generally follow the same schedule as the varsity. Early morning practices may be held due to facility availability. Coaches may set practice times during vacations depending on the season and permission from administration. Coaches may schedule occasional additional practices but time and length of practices will not be determined by student performance. (i.e. considered punishment for losses.) It is expected that coaches and players will abide by the AHS code of conduct during all practices and games.

## **VARSITY, JV, AND MID SCHOOL TEAMS**

AHS athletic program consists of Varsity, JV and/or Mid- school teams within each sport. The Varsity coach supervises the athletic program for each sport. On occasion, Varsity coaches may select JV or Mid- school (8<sup>th</sup> graders) players to attend practices or games, and/or NMAA playoffs. The coaches involved at the Varsity, JV and Mid-school levels will work together to build skills and develop players to compete successfully at all levels.

## **INJURY/ILLNESS**

Student athletes who get injured/ill in a game or practice must immediately report that to the coach. If athlete is referred to a doctor, athlete must have a doctor's release to return actively to the sport.

## **COACHING EVALUATIONS**

Coaches are evaluated by the Athletic Director on criteria including: Attendance at mandatory coaches training each year; upholding policies and regulations of the AHS and NMAA; exhibiting the same high standards of behavior and commitment expected in an academic classroom; clear communication with student athletes and parents regarding coaching philosophy, team rules and expectations, practice and games schedules, and procedures for conflict resolution. Student athletes may be invited to complete a survey at the end of the season.

## **GAMES AND TOURNAMENT SCHEDULES**

The AD schedules all league games for each team. Coaches may elect to add tournaments and scrimmages depending on the sport for additional preparation prior to the start of league play. All game schedules will be available at [www.animask12.net](http://www.animask12.net)

## **SCHEDULE CONFLICTS WITH OTHER SCHOOL COMMITMENTS**

Athletes may request to miss a practice or game in order to participate in another academic or extra-curricular school activity such as Mock Trial or FFA. Athletes must recognize that missed practices or games may result in reduced playing time in future contests

## **UNIFORMS AND EQUIPMENT**

Athletes are issued uniforms and equipment for each team. All equipment and uniforms must be returned to the head coach or athletic director within 7 days of the last game. A student will be charged for the replacement cost of uniforms and will not be able to play the next sport or participate in ANY extra-curricular activities (i.e. homecoming, movie days, athletics, field trips, etc.) until the equipment is returned or paid in full. Seniors will not be cleared to graduate until all equipment is turned in or paid for.

## **OFF SEASON PRACTICES**

Coaches will clearly explain to student athletes the benefits of off-season conditioning. Coaches may provide information about recommended pre-season practices and conditioning activities. Pre-season activity is voluntary. No athlete currently competing on an AHS team may participate in pre-season activities for a subsequent season. Recorded attendance at scheduled pre-season conditioning is not a requirement for team selection. However, coaches may articulate the expected level of conditioning and skill development for team selection.

## **MULTI-SPORT ATHLETES**

A student athlete must complete the full season and any post-season games before trying out for the next season. All multi-sport athletes will have an opportunity to try out for a team in a subsequent season, even if the season has started. Visit [www.animask12.org](http://www.animask12.org) for updated season and schedule information. In addition, an athlete cannot leave a team during the season to join another team; they must wait until that team has completed its regular season. That includes being dismissed from a team for any reason.

## **LETTERING POLICY**

The determination of whether or not a letter is awarded to a student athlete participating in a Varsity sport is the responsibility of the Head Coach in each sport in conjunction with the approval by the school Athletic Director. A student athlete may be awarded a letter by completing the season and post season in a varsity sport only and the letter should be earned through dedication and hard work to that sport by making a significant contribution to the total team effort throughout the season. The criteria for lettering will be if the student athlete completes the varsity season in good standing and attains the additional criteria as determined by each sport specific Head Coach. A copy of additional criteria is on file in the Athletic office.

Varsity—First time varsity award winners will receive a chenille A. For subsequent varsity awards, athletes will get a pin to add to the letter. All awards will be distributed at the culminating end of season banquet.