

A Varsity Letter Requirements

A varsity letter is a standard that, simply put, not everyone can meet. This is what makes it all the more special and valuable.

The following requirements must be met in order to earn a varsity letter.

- 1) Attend all practices and all competitions. Saturdays are mandatory. Absences other than illness or injury will prevent you from earning a letter.
- 2) Devote yourself to Ayala Cross Country. Be committed, be positive, and be competitive. Help your team each day to be better than it was the day before.
- 3) Finish in the top 10 Ayala finishers in 4 of our races. You will have 7 opportunities to accomplish this, not including CIF.
- 4) Compete in at least 4 invitationals.
- 5) The coaching staff in some cases will award a varsity letter to an upperclassman who could not fulfill requirement #3, but who, throughout the season, represented everything that Ayala Cross Country stands for. This runner must have been in at least his or her third season, must have run personal bests on three courses, and have risen above his or her teammates, maybe not with speed, but with determination, guts, and a positive attitude. Only this kind of athlete deserves to wear an Ayala jacket, and the coaching staff will set the standard very high this season.
- 6) Participate in all fundraisers.

THE AYALA COACHING STAFF RESERVES THE RIGHT TO MAKE THE FINAL DETERMINATION ON ATHLETE LETTERMAN STATUS IN THE INTEREST OF PRESERVING THE INTEGRITY OF THE LETTERMAN AWARD.