

AWARDS FOR HIGH PERFORMANCE 2011

Varsity Awards

Varsity Letter	The athlete's first varsity letter
Varsity Certificate	1st XC letter but the athlete has a varsity letter from another sport.
2nd Year Varsity Medal	The athlete earned his 2 nd varsity letter in XC
3rd Year Varsity Plaque	The athlete earned his 3 rd varsity letter in XC
4th Year Varsity Plaque	The athlete earned his 4 th varsity letter in XC

Varsity Criteria

1. 15,000 points PLUS one race under 19:00 -OR-20,000 points & completion of 3rd XC season.
2. **No unexcused absences.**
3. No missed meets except for illness, wedding, funeral or other extenuating circumstances.
Parent must notify coach ahead of time.
4. Must attend the state meet as a participant or contestant if any SLHS or EAST team or boy qualifies .
5. Successful completion of the season.

Freshman or JV Certificate

1. Minimum of 10,000 points and successful completion of season.

Our Top Awards

MVP	medal/plaque	team vote
Lion-Hearted	medal/plaque	team vote
Top Seven	plaque	top 7 50% of meets
Most Improved	medal	team vote
Triangle Award	medal	team vote
Eye of the Tiger	medal/plaque	30,000 points
Most Dedicated	medal/plaque	25,000 points
Iron Man	medal	21,000 points

Special Awards

All-State	Plaque
All-Time Records	Plaque
Fastest Freshman of Year	Plaque
Regional Champion/Team State Qualifier	Patch

Academic Awards

First Marking Period Medal	3.0 Bronze, 3.25 Silver, 3.75 Gold
All Conference Academic Patch	Varsity and 3.0 <u>CAREER</u> GPA
All-State Academic	Patch and Certificate

200, 300, 400, 500 Mile Club Shirt

Freshman 200 & the 300/400/500 Mile Club run from June 1 to Aug 31.

30 points per mile are awarded for miles June 1 to Aug 13. Mileage must be submitted weekly via the slxc.com web site.