

Lettering Requirements

Football	<p>50% of the regular season varsity quarters (20 quarters for 10 games) 1 play per quarter is considered a varsity quarter. Injuries and other circumstances can be taken into account</p>
Volleyball	<p>Athlete must participate in at least half (50%) of the games for the season -coaches discretion as to production/impact on team... *Seniors - effort/attitude/commitment/leadership as it relates to team culture might dictate coaches decision to letter an athlete without 50% rule of playing time... Injuries or situations related to season ending injuries may be treated on a case by case basis - again coaches discretion</p>
Cross Country	<p>The following are considerations for lettering in Western Reserve Cross Country.</p> <ul style="list-style-type: none"> ● Finishing in the top seven for Western in a meet strictly based on times, open and varsity races merge together. ● Being a positive teammate and having an overall positive attitude. ● Attendance record at meets and practices. ● Females under 24:30 in a meet. ● Males under 19:45 in a meet. ● Competing in the cross country program for at least 3 years at the high school level. <p>These factors looked at by the coaching staff to determine athletes earning varsity letters. Earning a varsity letter one year does not have a bearing on earning a letter the following year. The coaching staff has the final decision in regards to lettering athletes.</p>
Boys Basketball	<p>Play in 50% of Varsity quarters</p> <p>Exceptions: Senior, Injury Related</p>
Girls Basketball	<p>Athlete must participate in at least half (50%) of the games and/or quarters for the season -coaches discretion as to production/impact on team... *Seniors - effort/attitude/commitment/leadership as it relates to team culture might dictate coaches decision to letter an athlete without 50%</p>

	<p>rule of playing time...</p> <p>Injuries or situations related to season ending injuries may be treated on a case by case basis - again coaches discretion</p>																																										
<p>Wrestling</p>	<p>Being a positive teammate and having an overall positive attitude</p> <p>Competing in all the competitions that you qualify for that we have on our schedule. Injuries or excused absences from the wrestling staff are exceptions to this rule.</p> <p>Attendance records at practice</p> <p>Bringing your best effort to practice every day</p> <p>These are some of the main topics that will be discussed and looked at when deciding which athletes earn varsity letters</p>																																										
<p>Track and Field</p>	<p>The Following are considerations for lettering in Western Reserve Track and Field.</p> <ul style="list-style-type: none"> ● 15 points are needed to earn a Varsity letter. Meet scoring: Dual, Tri and Quad meets are all scored the same with top 3 places scoring points. 1st-5pts, 2nd-3pts and 3rd-1pt. Relay meets, invitational meets and championship meets (conference, districts, regionals, state) are scored top 6 places. 1st-10pts, 2nd-8pts, 3rd-6pts, 4th-4pts, 5th-2pts and 6th-1 point. Relay points are divided equally among the relay team. Points are NOT based on Baums Page scoring. ● Meeting one of the following criteria in an individual event: <table border="0" data-bbox="552 1234 1128 1732"> <thead> <tr> <th style="text-align: left;">Event</th> <th style="text-align: left;">Boys</th> <th style="text-align: left;">Girls</th> </tr> </thead> <tbody> <tr><td>● 100m Dash</td><td>11.84</td><td>13.54</td></tr> <tr><td>● 100m/110m H</td><td>17.54</td><td>18.04</td></tr> <tr><td>● 200m Dash</td><td>24.04</td><td>28.54</td></tr> <tr><td>● 300m Hurdles</td><td>0:45.0</td><td>0:52.0</td></tr> <tr><td>● 400m Dash</td><td>0:54.24</td><td>1:04.24</td></tr> <tr><td>● 800m Run</td><td>2:07.24</td><td>2:34.24</td></tr> <tr><td>● 1600m Run</td><td>5:00.0</td><td>5:45.0</td></tr> <tr><td>● 3200m Run</td><td>11:00.0</td><td>13:00.0</td></tr> <tr><td>● Pole Vault</td><td>10' 0"</td><td>6' 6"</td></tr> <tr><td>● Shot Put</td><td>42' 0"</td><td>30' 0"</td></tr> <tr><td>● Discus</td><td>120' 0"</td><td>90' 0"</td></tr> <tr><td>● High Jump</td><td>5' 7"</td><td>4' 7"</td></tr> <tr><td>● Long Jump</td><td>18' 6"</td><td>15'</td></tr> </tbody> </table> ● Seniors with 3 or more years in the program. ● A student athlete who displays outstanding leadership and embodies the values, spirit and tradition of being a model student-athlete will be determined at the coach's discretion. 	Event	Boys	Girls	● 100m Dash	11.84	13.54	● 100m/110m H	17.54	18.04	● 200m Dash	24.04	28.54	● 300m Hurdles	0:45.0	0:52.0	● 400m Dash	0:54.24	1:04.24	● 800m Run	2:07.24	2:34.24	● 1600m Run	5:00.0	5:45.0	● 3200m Run	11:00.0	13:00.0	● Pole Vault	10' 0"	6' 6"	● Shot Put	42' 0"	30' 0"	● Discus	120' 0"	90' 0"	● High Jump	5' 7"	4' 7"	● Long Jump	18' 6"	15'
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Baseball	<p>50 % of the regular season varsity innings, If not a regular everyday position player and is a pitcher then Minimum of 20 innings pitched during the regular season, if a DH then 50% of total at bat opportunities throughout the regular season. Injuries and other circumstances such as being a senior can be taken into account</p>
Softball	<p>Athlete must participate in at least half (50%) of the regular season varsity innings - coaches discretion as to production/impact on team... *effort/attitude/commitment/leadership as it relates to team culture might dictate coaches decision to letter an athlete without 50% rule of playing time... Injuries or situations related to season ending injuries may be treated on a case by case basis - again coaches discretion</p>
Cheerleading	<p>100% of season. Injuries can be be taken into account they must attend all practices and games.</p>