

CW Track & Field: Representing CWHS With “Pride”

To earn a Track Letter Athletes must total **15 points** according to the chart below

Criteria	1	2	3	4
Character Respect Sportsmanship Attitude	<input type="checkbox"/> A few behavior issues <input type="checkbox"/> Working on supporting teammates	<input type="checkbox"/> Displays some sportsmanship at events <input type="checkbox"/> Working on respectful attitude in school & community	<input type="checkbox"/> Displays sportsmanship at all events <input type="checkbox"/> Usually Respectful attitude & behavior <input type="checkbox"/> Stays to end of most meets.	<input type="checkbox"/> Consistently displays sportsmanship. <input type="checkbox"/> Always models respectful attitude. <input type="checkbox"/> Stays to end of all meets.
Service Give back to community.	<input type="checkbox"/> 1-3hours of community service	<input type="checkbox"/> 4-8 hours of community service	<input type="checkbox"/> 9-15 hours of community service	<input type="checkbox"/> 15 plus hours of community service
Competitiveness Winning attitude Goal Oriented Team Contributor	<input type="checkbox"/> Establishes and improves towards one individual goal	<input type="checkbox"/> Establishes and improves towards an individual goal <input type="checkbox"/> Participates in other school sports <input type="checkbox"/> Scores varsity team points.	<input type="checkbox"/> Sets and achieves one personal goal <input type="checkbox"/> Participates in other varsity sports <input type="checkbox"/> Scores better than 10 team points	<input type="checkbox"/> Sets and achieves more than one personal goal or relay goal <input type="checkbox"/> Participates in another varsity sports <input type="checkbox"/> Scores better than 25 Team points
Responsibility Practices Equipment	<input type="checkbox"/> Makes 90% of practices (Illness is excused without penalty) <input type="checkbox"/> Turns in equipment	<input type="checkbox"/> Make 95% of all practices <input type="checkbox"/> Turns in equipment	<input type="checkbox"/> Make 97% of practices <input type="checkbox"/> Turn in all equipment. on time	<input type="checkbox"/> Make 100% of all practices. <input type="checkbox"/> Turn in all issued equipment on time, clean, and in good condition
Academic Do your best in all areas	<input type="checkbox"/> Maintain a 2.5-2.75GPA	<input type="checkbox"/> Maintain a 2.76-3.24GPA	<input type="checkbox"/> Maintain a 3.25-3.75GPA	<input type="checkbox"/> Maintain a 3.76-4.00 GPA

This certifies that _____ has earned _____ points and **is/is not** awarded a letter in CW Track for the **2024** season.

Coach _____

Letters will be awarded after the completion of the season. Coaches retain the right to issue or withdraw a letter depending on exceptional circumstance.

***Add one point for each year out for track after the first year. Example: (two years= 1 bonus pt., three years=2 bonus pts.)