

### **D 117 12-Sport Athlete Award Criteria**

- Student-athletes must start and complete 1 sport in each of the 3 seasons (fall, winter and spring) in each of their 4 years at Antioch Community High School or Lakes Community High School.
- Any sport not offered by Antioch Community High School or Lakes Community High School will not count towards the 12-sport athlete award. No exceptions.
- Student-athletes cannot quit a sport at any time and be eligible to earn the 12-sport athlete award as a senior.
- Student-athletes must fulfill every obligation and requirement as a member of each program, and are subject to AD review of attendance, athletic code violations, etc.
- Student-athletes must submit in writing their intent to become a 12-sport athlete following the end of their junior year for review by the athletic director, before starting the fall season of senior year.
- Student-athletes cannot be academically ineligible for more than 3 total weeks throughout their entire 4 years as a student athlete.
- Indoor track and field and outdoor track and field are considered 1 season.
- Sideline Cheer and Dance are considered a season in the fall.

#### **Fall Sports (Tryouts: August)**

<b>Boys</b>	<b>Girls</b>
Cross Country	Cross Country
Football	Field Hockey
Golf	Tennis
Soccer	Volleyball
*Cheerleading (Sideline)	Flag Football
	Golf
	Swimming
	*Cheerleading (Sideline)
	*Dance (Sideline)

\*Indicates that these sports have sideline squads in the fall that are chosen the previous spring.

#### **Winter Sports (Tryouts: November)**

<b>Boys</b>	<b>Girls</b>
Basketball	Basketball
Bowling	Bowling
Cheerleading (Competition)	Cheerleading (Competition)
Dance (Competition)	Dance (Competition)
Swimming	Gymnastics
Wrestling	Wrestling

**Spring Sports (Tryouts: January-March)**

**Boys**

Baseball

Lacrosse

Tennis

Track and Field

Volleyball

**Girls**

Soccer

Softball

Track and Field