



# Cheyenne Central Indians Lettering Policy

Earning a varsity letter is a major accomplishment in the world of athletics. It is evidence that you have excelled not only on the playing field, but also in the classroom. A Varsity Letter reflects a student-athletes' commitment to the team, academics, citizenship and overall participation in the sport. Each player that earns a letter has joined an elite group of athletes who has sacrificed many hours in practice, preparation, conditioning, and games.

## Cheyenne Central Softball

To letter in the Central High Softball program, you must:

1. Finish the season in good standing.
  - a. No issues that violate school policies or codes of conduct
  - b. No attendance issues both in school and for team events
  - c. Any other reasons per the coach's discretion
2. Athletes DO NOT miss a game due to academic ineligibility.
3. Not missing a game due to activity code violations
  - a. Please see the website below for information on the activity code
    - i. <https://sportshub2-uploads.vnn-prod.zone/files/sites/3496/2024/10/08134518/LCSD1-Activities-Handbook.Revised.6.20.24.pdf>
    - ii. The student-athlete must comply with all rules and regulations set forth by the school, the state athletic association, and any other governing bodies to be eligible for a letter.
4. Compete in 80% of Varsity games.
5. Make the roster for regionals and/or state.
6. Must maintain a positive attitude and support teammates
7. Preparation (weightlifting/training, open gyms, playing club ball, or other sports) is essential for success. \*\* Coaches Discretion\*\*

- a. Athletes can do the following, to help show their commitment to lettering
  - i. Summer weights
  - ii. Attend open gyms/trainings as permitted (in-season athletes will focus on their current season)

## **Cheyenne Central Volleyball**

### Cheyenne Central High School Indians Volleyball Program Varsity Letter Requirements

The Cheyenne Central High School Volleyball Program awards varsity letters to recognize athletes who demonstrate excellence, commitment, and integrity while representing the Indians.

1. Team Membership Athlete must be an official member of the varsity volleyball team for the majority of the season and/or a part of the Regional or State teams. Athletes must uphold all expectations outlined by the coaching staff.
2. Participation Criteria. An athlete may earn a varsity letter by meeting one or more of the following:
  - a. Participates in at least 50% of all varsity matches
  - b. Serves as a regular starter or major contributor
  - c. Moves up from JV and makes a meaningful impact on the varsity roster
3. Effort, Leadership & Sportsmanship
  - a. Athletes must demonstrate consistent effort and improvement, strong sportsmanship, and represent Cheyenne Central with pride. They should model core values such as teamwork, accountability, resilience, and integrity.
4. Academic Expectations Athletes must maintain academic eligibility throughout the season. Academic suspension or repeated ineligibility may prevent letter qualification.
5. Attendance & Commitment Regular attendance at practices, meetings, film sessions, and matches is required. Absences must be excused by the coaching staff.
6. Injury & Special Consideration A varsity letter may be awarded to athletes who suffer injury after contributing significantly, or who show exceptional leadership, effort, or commitment even if playing time criteria are not met.
7. Season Completion Athletes must complete the season in good standing with the coaching staff, school rules,

## **Cheyenne Central Boy's Basketball**

1. Participation/Playing time requirements:
  - a. A player must play in minimum of 20 quarters in Varsity games or be selected to be on the Regional/State 12-man tournament roster.
2. Injury Exception:

- a. A player who has a substantial role on the Varsity team that is injured before meeting the participation/playing time requirements may still be eligible to letter.
3. Coaches Discretion:
  - a. The coach has the right to award any player/manager a Varsity letter if he feels that person has made a significant contribution to the team that does not meet the participation or playing time requirements.
4. The coach also has the right to deny a Varsity letter to an eligible player if a player does not uphold team standards. Some examples:
  - a. Academic Eligibility
  - b. Following team rules (athletic code)
  - c. Disciplinary issues on or off the court
  - d. Not finishing the season in good standing.

## **Cheyenne Central Girl's Basketball**

1. Participation/Playing time requirements:
  - a. Play in 50% of regular season games at the Varsity level.
  - b. Be on the regional and/or state tournament team.
  - c. No unexcused absences from practices and games.
  - d. No code of conduct violations.
  - e. Seniors in good standing with the team.

## **Cheyenne Central Track and Field**

To earn a letter in Indoor Track & Field you must place in the top 16 in your event at the Indoor State Track Meet. In events that have less than 32 entries you must place or finish in the top half. Athletes can letter by earning a total of 10 team points in meets during the season.

1. The following criteria will be used to earn a letter in Boys' Outdoor Track & Field.
  - a. Qualify for the State Track meet by placing in the regional track meet or by meeting a qualifying standard.
  - b. Or earn a total of 10 team points in Varsity track meets.

## **Cheyenne Central Swim and Dive**

1. To earn a varsity letter in Swimming & Diving at Cheyenne Central High School you must do one or more of the following:
  - a. Qualify for the State Championship meet in an "individual" event.

- b. You must practice and compete for the Lady Indian Swimming & Diving program for ALL four years. The lack of participation and/or competition may result in forfeiting your right to earn a letter award after four years.
- c. Or at the coach's discretion (example: foreign exchange student/athlete).

## **Cheyenne Central Golf**

1. A player can letter by participating in varsity tournaments in either the Fall or Spring season. Fall tournaments are usually two-day tournaments and Spring are usually one-day tournaments. The coaching staff will decide if a tournament is a varsity or a junior varsity tournament. Some tournaments may be varsity for the girls and Junior varsity for the boys and vice versa or both boys and girls will be varsity.
2. A player's score must count towards the team total during those events. We take 4 scores for boys and 3 scores for girls. There will be exceptions from time to time as all scores are good and fit into this range. A player's score must fall into the following scoring range:
  - a. Boys: 89 or less
  - b. Girls: 110 or less
  - c. This number can fluctuate based on conditions (course, weather, etc.) and will be determined by the coaching staff.
3. If a player participates for all 4 years at practice, they will receive a letter. Some kids get very close to competing but never break the top 5.
4. A player can also letter by becoming a true team player. This player has the team skills to encourage, support, cheer, and make the others better golfers. Putting the team ahead of themselves.
5. Players must also stay eligible to compete in the entire season to qualify for a letter. The coaching staff reserves the right to consider players for letters that do not meet one through four above. Under no circumstances will players letter if they do not meet number 5.

Side note: We hold the final decision on lettering. From time to time in qualifying we run into cheating allegations. Not seeing it, we sometimes send the kid that scored best in qualifying. However, at the tournament they shoot high and display what their true number would be so we would not letter them. Also, being disqualified because of serious rule breaches would also disqualify them. We hold our kids to a higher standard and any outside activity that is harmful to the team or the school can also affect lettering.

# Cheyenne Central Cross Country

To earn a Varsity letter in Indian XC at Cheyenne Central High School, you must:

1. Qualify for the State Championship meet.
2. Or, you must practice and compete for the Indian XC program for all four years.
3. Earn ten points toward lettering
  - a. Run 300+ miles over the summer (1point)
  - b. Make every practice all week, including Morning and Saturday Practices (1/2 point per week)
  - c. Score in a Varsity meet (1point)
  - d. Place top ten in a JV meet (1point)
  - e. Volunteer for activities that take place during the Summer and Season. (points vary)
4. Be in good standing with the coaches and team at the end of the season
5. All letterings will be decided by Coaches, and if needed, input from team captains will be considered.

# Cheyenne Central Football

1. An athlete shall play in  $\frac{1}{2}$  of the quarters designated of the number of quarters in the regular season of varsity games. Quarters played in a state playoff game **MAY** be counted in the foregoing minimum.
2. An athlete who did not earn enough quarters during the regular season, but completes in a playoff game, **MAY** be recommended for a letter.
3. Any athlete who has successfully completed 4-years in the program will earn a letter.
4. A player who was injured during the season **MAY** be considered as a letter winner depending on circumstances which include: varsity role prior to becoming injured, commitment to the team and new role after becoming injured, and quarters played prior to the injury.

# Cheyenne Central Tennis

1. To earn a Varsity letter in Indian XC at Cheyenne Central High School, you must:
  - a. Play in a Varsity match
  - b. Attend Regionals & State as an alternate
  - c. Finish the season in good standing
  - d. Central Tennis player for 3 years (senior year only)
  - e. Follow the training rules and the standards of the Athletic Code

\*If a player is suspended for rules violations, serves the suspension, and comes back to the team, the player may receive a varsity letter. If the rules violation occurs at the end of the season, their status on lettering will be determined by the coaching staff.

# Cheyenne Central Soccer

## General requirements for varsity Letter in CHS Girls Soccer:

### **ALL the following requirements must be met:**

1. Must play in 5 different halves at the Varsity level during the season **or** make the regional/state roster.
2. Must be in good athletic and academic standing, complete the season and be eligible academically.
3. Be of good character. A player must show respect to coaches, teammates, referees, and other teams.
4. Attend all practices and games unless excused by the coach, parent, or doctor.
5. Contribute to the team's success (at practice, at games, on the bench, and in the community)
6. Student athletes who fail to complete a season for any reason other than injury may not letter.

### **-OR-**

1. **A Junior/Senior** who has participated in the Central High Girls Soccer program for 3 or 4 years in good standing will receive a letter for their dedication to the sport and program.
2. A Varsity letter may be awarded to a player who has become injured and is determined by the coaching staff that they would have met the above criteria. They must also still attend all

practices and positively contribute, even if they cannot physically participate (help collect balls, encourage teammates, etc.). The athlete is required to attend all treatment and/or rehabilitation sessions set up by the coaching staff, athletic trainer, or physician.

## Cheyenne Central Wrestling

LETTER AWARD TALLY SHEET- 100 points needed to letter			
<b>NAME:</b>			
Number of Varsity Matches/Girls Matches		= x 2	
Number of Junior Varsity Matches		= x 1	
Number of <u>Decisions</u>		= x 2	
Number of <u>Major</u> Decisions		= x 3	
Number of <u>Falls</u> , Defaults, DQs & Technical Falls Forfeits for duals. <u>Byes</u> do not count.		= x 4	
State Placer Award-Automatic Letter  Academic Excellence During Wrestling- 3.5 GPA or high +25 points			
Missed weigh-ins		-25=	
Missed Competition due to ineligibility		-25=	
<b>TOTAL POINTS</b>		=	