

Lettering Policy

1. In order for an athlete to letter at PRA, they must have made a significant contribution to the varsity squad (top 7 runners) in that sport. In general, the athlete must participate in 75% of the varsity level contests and remain on the team for the entire season.
2. In order to be on the varsity squad, athletes must:
 - be academically eligible all season
 - attend all meets and practices unless communicated ahead of time
 - engaged and listening at practice
 - positive and supportive team member
3. If an athlete has not lettered through the criteria above but has made a significant contribution to the team, it is at the coaches' discretion to award an athlete a letter.