



Destrehan High School Athletics

Criteria for Earning a Varsity Letter

Preface: The criteria for earning the DHS Varsity Letter have been established by the members of the Destrehan High School Coaching staff. A philosophy underlies the criteria.

The Coaching Staff believes that, for students at our school, earning a Varsity Letter should require evidence of commitment to team and expertise in sport

Measuring expertise is not a science. Nonetheless, we have well-defined standards for the sake of uniform decision-making. The criteria are set according to standards the coaching staff believes are high, yet reasonable. The policies are intended to encourage students to persevere toward the goal of earning the Varsity Letter rather than to discourage or belittle anyone who fails to attain the standards. All coaches are invited to participate in the process of adopting and amending the criteria

Suggestions for change must be recommended by a coach and are adopted only upon approval of a majority of the full coaching staff.

I. General Policies

1. **Varsity Athletes** who remain as members of the team in good standing throughout the full season are eligible to earn a varsity letter, subject to the provisions below.
2. **Senior Athletes** who have participated in a given program for at least 3 years (without earning a Varsity Letter) **MAY** receive a Varsity Letter.
3. **Injured Athletes** who meet the "playing time" criteria for the contests held up to the time of the injury **MAY** receive a Varsity Letter..
4. **Student-Trainers** **MAY** receive a letter after his/her **2ND Season** of service. This will be done under the direction of the Faculty Trainer and the Athletic Directors.
5. **Managers** who have held the position for at least **2 Seasons** in the same sport **MAY** earn a letter. Only those who, in the judgment of the coach, have made a significant commitment of time and effort shall be awarded the letter.
6. Any student involved in the athletic program who does not receive a letter will receive a certificate of participation.
7. **In cases of extenuating circumstances, exceptions to the standards listed below are permitted with the approval of the Coach and the Athletic Directors.**

II. PLAYING TIME CRITERIA FOR EACH SPORT (regular season events)

1. **Baseball & Softball:** Participate and make a substantial contribution in 50% of Varsity innings played.
2. **Basketball & Football:** Participate and make a substantial contribution in 50% of Varsity quarters played.
3. **Cross Country:** Must participate in 80% of the scheduled meets AND average the following times throughout these meets (GCC 27 minutes, BCC 23 minutes)
4. **Golf:** Participate in 50% of Varsity team matches played OR qualify for Regional Competition
5. **Soccer:** Participate and make a substantial contribution in 50% of halves played
6. **Swimming :**
 1. Compete in 100% of the team's Varsity Meets AND
 1. Score in the District Championship Meet OR
 2. Qualify for STATE competition set by the LHSAA
7. **Tennis:** Participate in #1-8 Singles or Doubles for at least 50% of the Varsity matches played OR Qualify for STATE Competition.
8. **Track & Field:**
 1. Score at least 15 points during the season in Varsity competition against opponents
 2. Score in the District Championship Meet OR
 3. Meet the qualifying standards for Regional competition set by the LHSAA.
9. **Volleyball:** Participate and make a substantial contribution in 50% of the Varsity games played.
10. **Wrestling:** Participate in 50% of the Varsity team's matches AND win at least 1 Varsity Match.
11. **Cheerleading and Dance Team:** Varsity Members must participate in at least 85% of the games and attend 85% of the practices during the combined fall and winter seasons in a single academic year.

