

CRITERIA FOR AWARDING VARSITY LETTERS

1. Baseball & Softball - Participate in 50% of all innings possible; pinch-hit or pinch-run in 75% of all games played; make at least six appearances as a pitcher.
2. Basketball - Participate in 50% of the quarters scheduled for the season or post season.
3. Cheerleading - Participated and is a member in good standing at the end of the season.
4. Crew – To letter an athlete must race in the team’s designated top priority boats in at least half the races of a season. The head coach will announce the priority boat(s) for regattas in which the V8 is not the priority. Seniors in at least their 4th season will also earn a letter. Head coach may choose to give a letter to an outstanding athlete such as a superspare, injured V8, or person who could be V8 but helps the team more in a different boat.
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6. Cross Country - Place seventh or better in half of dual meets or beat #5 person of opposing team in 50% of meets. Place in the top 5 for HMHS in Championship Meet.
7. Field Hockey - Participate in 50% of the halves scheduled for the season.
8. Football - Participate in 50% of the quarters scheduled for the season.
9. Golf - Participate in 33% of the matches or earn as many points as there are matches. (One point for playing in a match and one point for each win.)
10. Soccer - Participate in 50% of the quarters scheduled for the season or post season.
11. Lacrosse - Participate in 50% of the quarters scheduled for the season or post season.
12. Swimming - Participate in at least 50% of all dual meets during the season (including playoffs) AND Score an average of 2 points per meet OR Score in an invitational meet (i.e. SJ Coaches Invitational) OR Qualify and/or score points in the New Jersey State Individual Championship Meet. Special consideration will be given to athletes who attend exceptionally high number of practices and are close to achieve Varsity status. This is NOT a standalone criteria but athletes who are close to lettering will be given extra consideration..
13. Tennis - Participate in 33% of the matches or earn a total number of points equal to half the number of the scheduled matches. (One point given for playing in a match and one point given for each win.)
14. Track & Winter Track - Place first or second in half of dual meets; earn a total number of points equal to the number of dual meets; place in top 5 in Championship Meet.
15. Wrestling - Participate in 50% of the regular schedule or place in the top three in the district or regional tournaments.
16. Managers - any manager recommended by the coach shall be eligible for a varsity letter.
17. Seniors - any senior who does not meet the participation requirement but has participated three or more years in an athletic program and is a member of the squad in his/her senior year, upon recommendation of the coach, may be awarded a letter.
18. General Criteria
If a player becomes injured and the coach determines he/she would have met the participation requirements, the player will be awarded a varsity letter. In order to receive the varsity letter a student-athlete must finish the season in good standing. Otherwise, student-athletes will not receive varsity status, even if they have met the participation requirements. All members of junior varsity squads who successfully complete an athletic season will be awarded a JV certificate. All members of freshmen squads who successfully complete an athletic season will be awarded a certificate.