

# Sir Wilfrid Laurier Secondary School Honour Athletic Letter Award

The school Athletic Letter is awarded to a graduating student who has made an outstanding contribution to athletics and who meet the following criteria.

## **General Rules of the Award**

Students must earn 40 points for the award.

Students may use participation on teams in other secondary schools upon presentation of a letter from the Athletic Director of the schools involved; 25 of the total points must be earned by playing for teams at Sir Wilfrid Laurier SS.

## **The Scoring System**

### **A. Team Sports** (e.g. basketball, rugby, soccer, touch football, hockey, field hockey, volleyball)

- Participant:3 points
- NCSSAA Eastern Finalist/City Finalist:1 point
- OFSAA Participant:1 point
- OFSAA Medalist :1 point

### **B. Individual Sports** (e.g. wrestling, track and field, badminton, cross-country running, alpine skiing, swimming, and nordic skiing)

- Participant -3 points
- NCSSAA Medalist-placing in the top 3 team/individual: 1 point.
- Attending OFSAA - 1 point
- Placing top 3 at OFSAA - 2 points

### **C. Non- NCSSAA sanctioned teams.** (triathlon, co-ed volleyball, ultimate)

- Participant : 1 point
- Champions : 1 point

### **D. Phys. Ed. Class.** Successfully completed Phys. Ed. Courses:

- 1 point for grade 9 and 10
- 2 points for grade 11 and 12
- 1 point for PSK4U
- 1 point for PLF 4M

### **E. Additional Points.**

- 1-3 points at the discretion of the Healthy Lifestyles Department.
- Major SWL Athletic Award (Terry Fox,McGillis, McMahan, MacDonald Award): 3 points each
- Coaches Award: 2 points
- Student coach: 1 point

**Note: Athletes are asked to submit their completed application by May 15<sup>th</sup> of their graduation year.**

## Sir Wilfrid Laurier S.S. Athletic Letter Application

Name: \_\_\_\_\_

Graduating Year: \_\_\_\_\_

Please refer to Athletic letter criteria before filling out this form

SPORT/ACTIVITY	YEAR	POINTS 1 2 3 4 5	SIGNATURE OF COACH
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<b>Submitted on:</b>	<b>Total points</b>		<b>Received by:</b>

