

CB Athletic Letters 23/24

Colonel By Athletics offers Athletic Letters to graduating students who have contributed significantly to the program, based on the points system described below. To apply for a letter, students are to submit:

- a) A letter (1-2 pages) stating, "What CB Athletics Meant To Me." and
- b) A table / spreadsheet specifying the points earned each year of high school.

This application is to be submitted via email at pat.lacasse@ocdsb.ca by **Monday, May 27**. Late applications will not be considered.

Please note that due to the program cancellations over the course of the pandemic, point requirements have been temporarily reduced.

Option 1 - *Athletics Letter*

Student-athletes must earn 25 points based on the points system below.

Participation on an interscholastic, non-championship team - 3 points

- If a team sport, and is a Conference finalist or NCSSAA semi-finalist - add 1 point
- If a team sport, and is a Conference champion or NCSSAA finalist - add 2 points
- If a team sport, and is NCSSAA champion - add 3 points
- If a team sport, and finishes in the top 4 at OFSAA - add 4 points
- If an individual sport, but the team wins a Conference title - add 2 points
- If an individual sport, but the team wins an NCSSAA title - add 3 points
- If an individual sport, and the individual finishes top 5 at Conf. - add 1 point
- If an individual sport, and the individual finishes top 5 at NCSSAA - add 2 points
- If an individual sport, and the individual qualifies for OFSAA - add 2 points
- If an individual sport, and the individual finishes top 5 at OFSAA - add 3 points
- If an individual sport, and the individual finishes top 3 at OFSAA - add 4 points

Participation on a club team (i.e. ultimate, novice volleyball) - 2 points.

Note - A student may only claim bonus points once per team. For example, if they participated in track and field and finished 5th in javelin at the NCSSAA meet and 4th in the 100 m at the East Conference meet, they would claim 5 points total for track that year.

Option 2 - *Leadership Letter*

Student-athletes must earn a minimum of 22 points based on the points system below.

- i) A minimum of 10 points from the *Athletics Letter* point system described above.
- ii) A minimum of 2 and a maximum of 4 *Intramural Points* as described below:

- Intramural lunch activity (2-3 week duration) - 0.5 points
- Intramural lunch activity (4-5 week duration) - 1 point
- Ski Club - 1 point
- Relay for Life - 0.5 points

iii) A minimum of 6 *Leadership Points* as described below:

- Team manager - 2 points
- Minor official for an entire season - 1 point
- Minor official for a tournament - 0.5 points
- Student-assistant-coach - 3 points
- Student-coach - 5 points
- Player-coach - 3 points