

**SIR ROBERT BORDEN HIGH SCHOOL
PHYSICAL EDUCATION DEPARTMENT
(Revised) ATHLETIC LETTER APPLICATION**

Name: _____

- Students who earn at least 28 points **may** be eligible for an athletic letter.
- Students who earn at least 40 points **may** be eligible for an Honour Athletic Letter
- To be considered for an Honour Athletic Letter, a minimum of 10 of the accumulated points **must** be from the **leadership** section, and **earned throughout their 4 years of high school**.
- To be awarded the Honour Athletic Letter, **a variety of leadership activities** must be performed in **each school year**.
- **A student's attitude and contribution to both team and school life will be taken into account when evaluating an application for an Honour Athletic Letter.**

The following point system will be used:

NCSSAA Sports: Alpine Skiing, Badminton, Baseball, Basketball, Cross-Country, Curling, Field Hockey, Hockey, Nordic Skiing, Rugby, Snowboarding, Soccer, Tennis, Touch Football, Track and Field, Volleyball, Wrestling

4 points - participant (must have been committed to team and dressed for 75% of league games)

1 point - NCSSAA Finalist

1 point - Eastern Regional Participant

1 point - OFSAA Participant

1 point - OFSAA Medal

Exceptions: Coed Volleyball, Golf, Ultimate, Softball, Rugby 7's - tournament style

1 point - participant (coed volleyball, golf, ultimate - one day tournament)

2 points - participant (Rugby 7's - 2 day tournament)

Leadership:

1 point - Phys Ed Class (earned credit) - max 4 points

1 point - Team Captain (**team** sports only)

1 point - Intramural Organizer/Official (one week commitment)

0.5 point - Scorekeeping/Set up/Takedown - per home game (excluding team members)

2 points - Scorekeeping/Set up/Takedown - for 75% of team's home games (excluding team members)

2 points - Full Day Event (Tournament Scorekeeping, Event Timer, Marshall, etc)

*other points may be awarded for leadership duties performed on a team or for other athletic duties

I have read the entire package and understand the criteria in all sections.
_____ (signature)

SPORTS POINTS

This table will be used to calculate your sports points.

Check off the sports in which you participated for each grade level. You must have been committed to team and dressed for 75% of the team's league games in order for your points to count.

	Grade 9	Grade 10	Grade 11	Grade 12	Total Points
Alpine Skiing					
Badminton					
Baseball					
Basketball					
Cross-Country					
Curling					
Field Hockey					
Golf					
Hockey					
Nordic Skiing					
Rugby					
Rugby 7's					
Snowboarding					
Soccer					
Tennis					
Touch Football					
Track and Field					
Volleyball					
Wrestling					
Other - name sport					
NCSSAA Finalist - name the sport					
Regional Participant - name the sport					
OFSAA Participant - name the sport					
OFSAA Medal Winner - name the sport					

LEADERSHIP POINTS

This table will be used to calculate your leadership points.

1. In which year(s) did you take a phys ed course? **Check** all that apply.
2. Were you a team captain? Specify the **team** (individual sports don't count) and grade level.
3. Which leadership duties did you perform for other teams (excluding teams you played on).
Specify the team and grade level.
4. Did you organize an intramural? Specify the activity (with dates) and grade level. This activity must have been at least **a one week commitment** and can not be the same activity for which you are getting credit for in a course.
5. Did you help out at a full day event? Specify the event, your duties, and grade level.

Attach separate sheet if you require more space.

	Grade 9	Grade 10	Grade 11	Grade 12	Total Points
Phys Ed					
Team Captain (specify team - coach name required)					
Leadership Duties (Set Up, Take Down, Scorekeeping - specify team - coach name required)					
Intramural Organizer What did you organize? When did this take place (dates)?					
Full Day Event (Timer, Marshall, Scorekeeper - specify event and Teacher involved)					
Other (Be Specific - give details of what you did...which Teacher was involved?)					