



VERITAS COLLEGIATE
ACADEMY

935 23rd St. S.
Arlington VA 22202

Varsity Letter Requirements

Earning a varsity letter at Veritas Collegiate Academy is a significant achievement in athletics, representing a combination of excellence in sports, dedication, and academic success. This recognition applies to student-athletes participating in Cross Country, Basketball, Swimming, Cheerleading, and Tennis.

General Requirements for Varsity Awards:

To qualify for a varsity letter in any sport, student-athletes must meet the following criteria:

- Good Standing: Maintain good academic and athletic standing throughout the season and be eligible academically according to school policies.
- Season Completion: Complete the season in its entirety, actively participating and adhering to the expectations of the coaching staff. If injured, student dressed out and maintained participation with the team at practices and games throughout the season.
- Injury Policy: Injured athletes may still be eligible to receive a varsity letter if, in the opinion of the head coach, they would have participated significantly had they not been injured, and, student rejoined team at the conclusion of injury. Athletes must also demonstrate contribution to the team during their injury. Any student who drops out or quits due to an injury, and does not continue to support the team until the conclusion of the season would be ineligible.
- Improvement: Show marked improvement throughout the season and compared to previous seasons.
- Character and Teamwork: Exhibit good character, embody the spirit of teamwork, and contribute positively to the team's morale.
- Attendance: Attend all practices, games, meets, or matches unless excused by the coach, a parent, or a medical professional.

- **Team Contribution:** Make significant contributions to the team's success and overall performance.

- **Varsity Participation:** Be a regular member of the varsity team for the duration of the season, including through injuries.

Sport-Specific Requirements:

In addition to the general requirements, student-athletes must also fulfill specific performance criteria for their respective Varsity sports:

1. **Cross Country:** Achieve a set time standard in designated meets, as determined by the coaching staff.

2. **Basketball:** Participate in a minimum of 80% of the games and contribute to the team's overall performance metrics as outlined by the coaching staff.

3. **Swimming:** Participate in 80% of the swim meets available and meet specific time standards in designated swim events throughout the season.

4. **Cheerleading:** Display commitment through participation in routines, performances, and competitions, along with contributing positively to team spirit.

5. **Tennis:** Win a minimum number of matches (50%) or demonstrate significant improvement in individual performance metrics as per the coaching staff's guidance.

Award Presentation:

At the end-of-season awards ceremony for each sport, student-athletes who meet the criteria will receive the following:

- First Year: Varsity letter and a certificate.

- Second Year: Sport-specific athletic pin.

- Third Year: Sport-specific athletic pin.

- Fourth Year: Special recognition award for commitment and excellence.

The Varsity V Letter Award at Veritas Collegiate Academy is a testament to student-athletes' hard work and dedication in both their sport and their academic pursuits. Each athlete is encouraged to aim for this recognition by demonstrating their commitment to excellence throughout their time at the Academy.