Athletic Points

Each student is responsible for listing the year and team that they played on. The following is needed to obtain awards:

Junior Letter - 60 points in Grade 9-10

Senior Letter - 110 points from Grade 9-12

Award of Excellence - 130 points from Grade 9-12

Place the year and team in the appropriate columns. Indicate with a check () if you have been selected as MVP (Most Valuable Player) or MDP (Most Dedicated Player) or have been a member of a championship team. If you are a member of an individual team (track and field, tennis, badminton, swimming) place a check in the championship team column if you are a ROPSSAA champion or if you are a ROPSSAA champion or if you have qualified for South Region (SOSSA).

| YEAR | TEAM | MVP | MDP | Championship Team | # of Points | Coaches Signature |
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Points are allocated as follows:

- **10 Points** The season is at least 2 months long and involve 3-5 practices/games/tournaments per week. Practices should make up at least 50% of the time spent with the team.
- **6 Points** The season is less than 2 months and/or there are less than 3 practices/games/tournaments per week.
- **3 Points** The season consists of a few practices and ends with a one or two day tournament.

Other points are awarded for the following:

MVP: 5 pointsMDP: 5 points

• Championship Team: 5 points

• ROPSSAA/Qualify for South Region (SOSSA): 5 points

OFSAA qualifiers: 10 pointsOFSAA champion: 15 points