

Millard South Letter Requirements

Varsity Letter Requirements:

- ❑ All letter winners must earn 30 varsity points
- ❑ All varsity competitions count for varsity points
- ❑ Wrestlers must be in good standing
 - ❑ Attendance
 - ❑ Academics
- ❑ Wrestlers must meet all rules and regulations

JV Requirements:

- ❑ All letter winners must earn 30 varsity points
- ❑ JV Tournament Points:

Nebraska Duals – full varsity points
Scribner Snyder Invite – ½ varsity points
St. Albert's Invite – full varsity points
Humbolt dual tournament – ½ varsity points
Bellevue East Invite – ½ varsity points
Bellevue West Invite – ½ varsity points
Omaha South Invite- full varsity points

No letter points awarded for the following:

Any Frosh events
JV duals and quads

Additional Requirements:

- ❑ Wrestlers must be in good standing
 - ❑ Attendance
 - ❑ Academics
- ❑ Wrestlers must finish the wrestling season
 - ❑ Compete in 75% of their matches
 - ❑ Remain on the team until after state competition
- ❑ Wrestlers must be successful on the mat
 - ❑ Winning percentage of 60% at their grade level
 - ❑ Earned a place finish at a tournament
- ❑ Wrestlers must meet all rules and regulations

Note:

- ❑ Special circumstances will be a coaching decision
- ❑ Wrestlers may earn points by making all practices,
- ❑ Special effort, or completing exceptional tasks deemed worthy by the coaching staff