



Proctor/Hermantown Nordic **Lettering Guidelines**

In order to earn a Varsity Letter athletes:

- Must have no active MSHSL violations.
- Must show continuous loyalty and dedication to the team and be a supportive teammate.
- Must compete in at least 75% of the open ski races on the team schedule.
- Must have excellent daily attendance at team practice and communicate missed days in advance to coaches.
- Must accumulate at least 13 letter points as described below.
- Must submit point totals to the coaches.

Earning Varsity Letter Points

1 Letter point:

- Competing in a regular season high school race.
- Finishing in the top 50% of a Varsity Race.
- Finishing a Junior Varsity Race with a time that would place the skier in the top 50% of the Varsity Race.
- Finishing in the top 10% of a Junior High Race (only one per season).

2 Letter Points:

- Skiing in the Mesabi East Invite

5 Letter Points:

- Skiing in the Section 7 Meet

7 Letter Points:

- Skiing in the State Meet
- Senior who has been an active member of the team for 3 years.



Skier Point Calculator 2023-2024

Name: _____ Grade _____ Years on the team _____

Nordic Ski Race	V, JV, or JH	Your Time	Your Place in the race.	Total Skiers in your race.	Total Points
Proctor Invite		____:____:____			
Grand Rapids Invite		____:____:____			
Cloquet Invite		____:____:____			
Mesabi East Invite		____:____:____			
Two Harbors Invite		____:____:____			
Marshall Sprints		____:____:____			
Cook Co. Invite		____:____:____			
Ely Pursuits		____:____:____			
Duluth East Invite		____:____:____			
LSC Conference		____:____:____			
Section 7 Meet		____:____:____			
JV / JH Champs		____:____:____			
State Meet		____:____:____			

