



THE HOLY CROSS LETTER FOR EXTRACURRICULAR ACTIVITIES



*The Holy Cross Letter is an award designed to recognize student participation in a variety of extracurricular activities. The point system determines those who qualify for the letter by emphasizing their involvement in various areas within the Holy Cross community. To achieve the letter, the student must obtain points in multiple areas with a minimum of 8 points required **outside** of a student's primary area.*

Some students may not qualify for the award based on the point system but may have contributed greatly to the extracurricular life at HC. An example of this might be someone who transferred from another school. If this is the case, the student can apply for the award by writing a letter explaining their circumstance.

Students who stay for a fifth year must obtain their points in the first four years. One can still write a letter, asking for consideration, if they fail to meet the point requirement.

Points System

Athletics	Arts	Other – separate from Arts or Athletics
<i>Major Sport - 2 pts</i>	<i>School Bands - 2 pts</i>	<i>All staff organized Holy Cross extracurricular activities - 1 pt (i.e. – food drives)</i>
<i>Minor Sport - 1 pt</i>	<i>Major Drama Production - 3 pts</i>	<i>Student Council - 4 pts CICS Executive – 2 pts</i>
<i>All staff organized events which support athletics – 1 pt.</i>	<i>Other arts involvement - 1 pt/activity</i>	<i>Honour Roll - 1 pt/year (maximum of 4 points)</i>

* a major sport is defined as one with a regular practice schedule

Distribution of Points

4 Year student	25 points with a maximum of 17 in one category
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Only students who apply for the award will be considered. An application can be picked up in room 226 during the lunch hour. Completed forms should be returned to Mr. Pendergast by *Friday May 18.*

Extra-Curricular Letter Application Form

Name: _____ This application form must be filled out in order to earn the extra curricular letter. Please print the name of the activity, the years you participated in it and the cumulative point value you have earned throughout your high school career.

Example:

Activity: Football Years: 1997,1998,1999,2000 Point Value: 8 (2*4 years)

Supervisor: Mr. Pendergast

Sports

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Total (Maximum of 17) _____

Arts

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Total (Maximum of 17) _____

Other

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Activity: _____ Years: _____ Point Value: _____

Supervisor: _____

Total (Maximum of 17) _____

Total
