

**Duluth East High School
Nordic Ski Team
2021-2022 Season Letter Points Tally**

Name _____ Grade _____ Phone # _____

Number of East Nordic Letters already received _____

To earn a letter in Nordic skiing you need to:

- 1) Show dedication to the team, loyalty to one's teammates, a high level of competitive excellence and respect for competitors, coaches and officials,
- 2) Attend 80% of the open ski races on the East HS schedule
- 3) Attend 90% of the team practices
- 4) Earn 10 letter points as described below.
- 5) Turn in this tally sheet to Bonnie

You will get a letter point for each of the following:

- Competing in a regular season high school race (one point for each race).
- Finishing in the top 50% of a Varsity race (one point for each race).
- If you ski Jr. Varsity on the same course as the Varsity race and your time puts you in the top half of the Varsity Race (one point for each race).
- Finishing in the top 10% of a Jr. High race (you can only earn two points from a Jr. High race per season).

Regular season High school races	Varsity JV or JH	My Time	My Place in Varsity/Jr. High	# of Varsity/ Jr. High Skiers	Letter Pts. earned
Proctor Invite					
Denfeld Invite					
Cloquet Invite					
Two Harbors Invite					
Marshall Sprints					
Duluth East Invite					
Ely Pursuit					

- Helping with Kid Ski at Snowflake (one point)

You will earn 3 points if:

- You ski in the Mesabi Invitational

You will earn 4 points if:

- You ski in the Section 7 race.

You will earn 5 points if:

- You ski in the State Meet
- You are a Junior or Senior who has been an active member of the team for 3 years.

Total Points

The coaches will use their discretion to award Varsity Letters to ski team members whom they believe have earned one.

You must have all ski team equipment including uniforms turned in to be eligible for a letter.

Duluth East Nordic Ski Team

Senior Questionnaire

2021-2022 Season

Seniors – Please answer the following questions:

Name _____

1. Number of years on the East Nordic Team _____

2. Number of years you Lettered on the East Nordic Team _____

3. Favorite ski team memory _____

4. Favorite ski team race or favorite ski trail _____

5. Race result you are most proud of and why _____

6. Plans for next year, college – major? Travel? Work? _____
