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