



Freedom High School

Department of Athletics

1050 Neroly Rd Oakley, CA 94561 • 925.625.5900



ATHLETIC VARSITY LETTER AWARDS

Athletic letters are for varsity athletes only that meet specific requirement set for by the athletic department and each sport. An athlete is awarded a “**Block F**” Letter the first time they met any sport’s Letter requirements along with a metal pin or patch for that specific sport. As a student letters in additional sports or repeats in a sport, he/she receives only an additional metal pin or patch for the specific sport. Athletes are issued only one Block F at no cost but may purchase additional Block F and sport pins or patches.

LETTER REQUIREMENTS: Athlete MUST

- **Live the Six Pillars of Character and demonstrate sportsman ship at all times. *****
- **Complete the full season of sport including playoffs and be academically eligible.**
- **Complete one bullet point from the sport during the season.**

Football	• Compete at the varsity level in at least 2 games.
Flag Football	• Compete at the varsity level in at least 2 games.
Volleyball	• Compete at the varsity level in at least 3 games.
Tennis	• Complete at varsity level in 3 matches. • Participate at varsity level at BVAL or NCS Championships
Golf	• Compete in 36 holes of varsity golf from matches and tournaments.
Cross Country	• Complete at the varsity level in 3 meets. • Participate at varsity level at BVAL and/or NCS Championships
Water Polo	• Compete at the varsity level in at least 2 games.
Soccer	• Compete at the varsity level in at least 3 games.
Basketball	• Compete at the varsity level in at least 3 games.
Wrestling	• Complete in 3 varsity level competitions either dual or tournaments. • Participate at varsity level at BVAL or NCS Championships
Baseball	• Compete at the varsity level in at least 3 games.
Softball	• Compete at the varsity level in at least 3 games.
Swimming	• Complete at varsity level in 3 meets. • Participate at varsity level at BVAL or NCS Championships
Dive	• Complete at varsity level in 3 meets. • Participate at varsity level at BVAL or NCS Championships
Stunt Cheer	• Complete at varsity level in 3 games. • Participate at varsity level at BVAL or NCS Championships
Track & Field	• Earn 5 varsity team points during season. • Earn 1 or more varsity team point at the league championship meet. • Qualifies and attends the NCS area or MOC as a relay alternate. • Participated in track 3+ years w/o lettering.
E-Sports	• Compete at the varsity level for at least 3 competitions.
Unified	• Participate in the unified sport season with the unified team for which the athlete is receiving the pin or patch.
Sideline Cheer	• Participate as a cheerleader at football and basketball competitions.
Dance	• Participate with the dance team at football and basketball competitions.
Sports Medicine	• Participate as a lead or assistant lead student trainer w/ a minimum of 60 hours.
Manager	• Complete tasks assigned by coach.

***. Failure for a student-athlete to follow the Athlete Code of Conduit and practice the Six Pillar of Character both on and off the field may result in an athlete being denied an Athletic Letter for a Sport. This includes an ejection from a athletic contest for poor sportsmanship.