Flower Mound Lacrosse Association Varsity Letter Requirements

A Varsity letter is awarded to student-athletes who demonstrate commitment, effort, and meaningful contribution to the lacrosse program throughout the season. Earning a Varsity letter is an honor and is not automatically guaranteed by roster placement.

To earn a Varsity lacrosse letter, a player must meet the following requirements unless an exception is granted by the Head Coach.

Varsity Team Membership

The athlete must be listed on the Varsity roster and remain a member of the team in good standing for the duration of the season.

Game Participation

A player must participate in 50% of the periods played in Varsity games during the season or accumulate comparable meaningful playing time as determined by the Head Coach. Because positions and roles vary, final determination of meaningful participation is made by the Head Coach. Participation percentages are guidelines rather than strict calculations, and playing time decisions are not subject to statistical review or appeal.

Practice Attendance and Commitment

Players must demonstrate consistent commitment to the program by:

- Attending practices, games, meetings, and team functions unless excused
- Maintaining a positive attitude and strong work ethic
- Supporting teammates and representing the program with integrity

Players who quit the team or are dismissed for disciplinary reasons will not be eligible to earn a Varsity letter.

Academic Expectations

Student-athletes must remain academically eligible throughout the season and maintain:

- A minimum 2.0 GPA, and
- No failing grades at the conclusion of the season

Academic responsibility is considered an important part of participation in the lacrosse program.

Sportsmanship and Conduct

Players are expected to demonstrate good sportsmanship and represent the school and lacrosse program in a positive manner at all times. Violations of school or team conduct policies may affect eligibility for a Varsity letter.

Special Circumstances

The Head Coach may award a Varsity letter to players who do not meet the participation requirement under certain circumstances.

Injury

A player who suffers a season-ending injury may still earn a letter if the coaching staff determines the player had been contributing to the Varsity team and would likely have met participation requirements.

Senior Players

A senior who has demonstrated long-term commitment to the program may be awarded a Varsity letter at the discretion of the Head Coach even if the playing-time requirement is not fully met.

Program Contribution

In rare cases, a letter may be awarded to players who make exceptional contributions to the team through leadership, dedication, or service to the program.

Letter Bars (Additional Seasons)

A Varsity letter is awarded once per athlete per sport.

Athletes who earn a Varsity letter in lacrosse in subsequent seasons will receive a letter bar (or year bar) to be placed on their existing letter.

Each bar represents one additional season earning Varsity letter status in lacrosse.

Example, a player earning letters all four years would earn:

- First season – Varsity Letter
- Second season – 1 Letter Bar
- Third season – 1 Letter Bar (total of 2)
- Fourth season – 1 Letter Bar (total of 3)

Final Determination

All Varsity letters and letter bars are awarded at the discretion of the Head Coach based on the athlete’s overall contribution to the team and adherence to program standards.