

To earn a letter a participant must achieve the following during their school career (no more than five years).

V	Winged V	Distinction
2A Activities	3 A Activities	Earn a white V
4 B Activities	7 B Activities	Plus a maroon Winged V
2 C Activities	3 C Activities	Maintain honours in Grade 12

Here is the activity list.

^{*} Members of a team winning an NBIAA Provincial title earn an additional A

A Activities*	B Activities	C Activities
 Soccer (3rd & 4th) Basketball (3rd & 4th) Hockey Rugby (3rd & 4th) Football (3rd) Cheerleading Volleyball (3rd & 4th) Softball (4th) Field Hockey (3rd & 4th) Managers (3rd & 4th) Swimming (4th) 	 Baseball Football (1st & 2nd) Softball (1st - 3rd) Rugby (1st & 2nd) Volleyball (1st & 2nd) Cheerleading (2nd & 3rd) Swimming (3rd) Track & Field (4th) Field Hockey (1st & 2nd) Managers (1st & 2nd) Timers and Scorers (4th no fees) Soccer (1st & 2nd) Basketball (1st & 2nd) Curling (3rd & 4th) 	 Cheerleading (1st) Swimming (1st & 2nd) Track & Field (1st & 2nd) X-Country Gold Timers & Scorers (1st – 3rd no fees) Attend Leadership camp/conf. Curling (1st & 2nd) Rowing All clubs (athletic)