

38 Points needed to Letter

1. Off-season Training – Up to 16 points
 - a. 90% attendance in Winter Weight Training (Dec. 1 – Feb. 20) or Participate in a School Sponsored Winter Sport - **2 Points**
 - b. Complete winter strength testing – **1 Point**
 - c. 90% attendance in Spring Weight Training (Feb. 20 – May 31) or Participate in a school sponsored spring sport - **2 Points**
 - d. Complete spring testing w/ increase in core lifts – **1 Point**
 - e. 90% attendance in Summer weight training program - **3 points**
 - f. Complete summer ironman testing w/increase in core lifts – **1 Point**
 - g. 225 clean club (Ironman Testing) – **2 Points + 1 point for every 20 pounds over 225**
 - h. 700 Pound Club – **1 Point + 1 Point for every 100 pounds over 700**
 - i. Attend 5 out of 6 Summer Wednesday Football Workouts – **1 Point**
2. Team Building - Up to 7 points
 - a. Attend Winter Team Building Activity – **1 Point**
 - b. Attend Spring Team Building Activity – **1 Point**
 - c. Attend Summer Team Building Activity – **1 Point**
 - d. Meet Spring Fundraiser Selling Goal or equivalent – **2 Points**
 - e. Meet Fall Fundraiser Selling Goal (Polar Cards) or equivalent – **3 Points**
3. Academics – Up to 12 Points
 - a. Perfect Classroom Attendance – **1 Point per trimester**
 - b. No D's or F's – **1 Point per trimester**
 - c. A Honor Roll – **2 Points per trimester**
 - d. B Honor Roll – **1.5 Points per trimester**
 - e. School Related Discipline Referral (Including Tardies) – **LOSE 2 Points each referral**
4. Responsible/Expected Behavior – Up to 8 Points
 - a. Perfect Attendance Practice – **2 Points**
 - b. Turn in all equipment – ON TIME – **1 Point**
 - c. Attend Awards Banquet – **1 Point**
 - d. Exit Interview – **1 Point**
 - e. Coach Discretion – **Up to 4 Points**
 - f. Unexcused Absence from practice – **LOSE 1 Point per absence (-1)**
 - g. Each day equipment is turned in late – **LOSE 1 Point per day**
 - h. Training Rule Violation – **LOSE 5 Points**
 - i. Coach Related Discipline – **Lose up to 4 Points**
5. Playing Time - Up to 40 Points
 - a. Points From one of the following
 - i. Varsity Playing Time – **2 Points per week**
 - ii. JV Playing Time – **1 Point per week (8 points total)**
 - iii. Soph/Fresh Playing time - **.5 Points per week**
 - b. Weekly Performance Goals Met – Varsity Only
 - i. Offense - **.25 points per goal per week**
 - ii. Defense - **.25 points per goal per week**
 - iii. Special Teams - **.25 points per goal per week**

In Order to Letter, A Student must get at least 1 point from 4 of the 5 areas.

All Sophomores are eligible to letter. Freshmen are eligible only if they are on the varsity squad.