

Off-Season Point System

Athletes will earn points for their performance and dedication in a number of areas that relate to strength and conditioning, behavior/leadership within the program and in-school.

Criteria for Earning Points

Category	Criteria	Points
Strength and Conditioning	Take and successfully complete Personal Fitness	Up to 200 points based on teacher evaluation of performance and effort throughout the year.
Strength and Conditioning	Attend Workouts	1 point per session completed
Strength and Conditioning	The week of May 28 we will conduct spring testing in the weight room. To qualify maxes must be performed during this window under the supervision of the football staff.	1 point per pound lifted : <ul style="list-style-type: none"> ● Squat ● Bench ● Hang Clean ● Dead Lift 1 point per completed rep: <ul style="list-style-type: none"> ● Pull-Ups
Strength and Conditioning	Meet the benchmarks for tested lifts.	30 Bonus points for reaching each of the following milestones: <ul style="list-style-type: none"> ● Squat 315 ● Bench 225 ● Hang Clean 205 ● Dead Lift 365 ● Pull-Ups 15 consecutive reps
Strength and Conditioning	Exceed the benchmarks.	An additional 10 points for every 10 pounds over the benchmarks.
Leadership Meetings	Attend and participate in the leadership meetings.	10 points per meeting.
E.L.I.T.E Behavior	Participate in football based activities to better the school and community. Represent the ELITE Club with pride (Empowering Leaders	TBD: Points will be awarded for various volunteer/mentoring opportunities e.g. Read Across America

	Individually, Team Emphasis).	
Off-Season Fundraising	Participate/Contribute to various possible fundraisers	TBD
Competitiveness	Participate in CHS Winter and/or Spring Sport	Points are earned upon the successful completion of the season. 10 points for a completed varsity season. 5 points for a completed sub-varsity season.
Green Days, Camps, 7v7	Participate in passing league.	50 points
Green Days, Camps, 7v7	Participate in camps.	5 points per day
Green Days, Camps, 7v7	Participate in green days.	5 points per day
Academic	Earn an "A" as a final grade for the course.	10 points per earned A

Criteria to Lose Points

Behavior	A negative report from a member of the faculty or staff.	<ul style="list-style-type: none"> ● 1st report: -15 points ● 2nd report: -25 points ● 3rd report: -35 points ● 4th report: -100 points
Behavior	In-School Suspension	<ul style="list-style-type: none"> ● -100 points
Behavior	Out-of-School Suspension	<ul style="list-style-type: none"> ● -200 points
Academic	Earn a "D" or "F" as a final grade for a course.	<ul style="list-style-type: none"> ● -50 points per D ● -100 points per F