

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	100 points based on teacher evaluation of performance and effort throughout the year.
Strength and Conditioning	Attend Workouts	1 point per workout: up to 86 from January 2-July 19
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 ● Push Press 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 200 ● Push Press 185 ● 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.
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.	5 points per night: up to 35 possible
Green Days, Camps, 7v7	Participate in camps.	5 points per day: up to 40 possible
Green Days, Camps, 7v7	Participate in green days.	5 points per day: TBD
Academic	Earn an "A" as a final grade for the course.	5 points per A earned: up to 35 possible

Criteria to Lose Points

Behavior	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