

Off-Season Point System

Athletes will earn points for their performance and dedication in a number of areas that relate to strength and conditioning and 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.
Strength and Conditioning	In late May, we will conduct spring testing in the weight room. To qualify, maxes must be performed during this <i>window under the supervision of the football staff.</i>	1 point per pound lifted: <ul style="list-style-type: none"> ● Squat ● Bench ● Hang Clean ● Dead Lift ● Power Clean 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 225 ● Dead Lift 365 ● Power Clean 205 ● 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	TBD: Points will be awarded for various volunteer/mentoring

	the ELITE Club with pride (Empowering Leaders Individually, Team Emphasis).	opportunities e.g. Read Across America
Off-Season Fundraising	Participate/Contribute to various possible fundraisers.	TBD
Competitiveness	Participate in CHS Winter and/or Spring Sports	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.	Up to 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 A earned. 5 points per B earned.

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