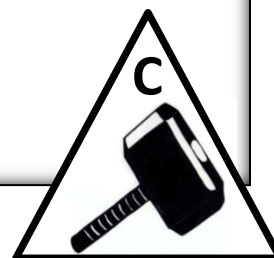




Champions

HAMMER CLUB



Name: _____

<u>Requirement</u>	<u>Calculation</u>	<u>Pts.</u>	<u>Coach</u>
40yd Sprint	8 - _____ (seconds) =		
One Step Vertical	.1x _____ (inches) =		
Power Cleans in 2min.	.1x _____ (95lbs. reps) =		
Squat Press in 2min.	.1x _____ (185lbs. reps) =		
Burpees for 2 minutes	.1x _____ (each) =		
Sit-ups for 2 minutes	.05x _____ (each) =		
Pull-ups for 2 minutes	.1x _____ (each) =		
Academics	1x __ (A's) + .5x __ (B's) - 1x __ (D's) =		
Football IQ Review* (100% Correct)	.1x _____ (#correct) =		
<ul style="list-style-type: none"> - Complete all requirements for Diamond Hammer Club. - Be a 2017 Diamond Hammer Club Member. *(2018 exempt) - Complete 3 additional hours of service. (total 9 hours) - Participate on a minimum of two PHS Athletic Teams 2017-18. - Successfully Complete Sally Pushup Challenge. - Present an Indian Standards Presentation to the team. - Write a 10 question Football IQ Quiz. - Deliver an appreciation letter to each spring 2018 teacher, and parents. 			

Total _____

45pts required for Champions Hammer Club membership.