



DIAMOND

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) =		
- Complete all requirements for Hammer Club			
- Be a 2017 Hammer Club, or Diamond Hammer Club Member.*(2018 exempt)			
- Complete 3 additional hours of service. (total 6 hours)			
- Serve as a Youth Camp Mentor.			
- Summer Conditioning: 75% Minimum Attendance.			
- Read Qualifying Summer Book			
- Complete MAN-Makers at Summer Camp.			
- Attend Summer Camp June 26 th - June 29 th			

Total _____

35pts required for Diamond Hammer Club membership.