



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 in 2 minutes	.1x ____ (each) =		
Sit-ups in 2 minutes	.05x ____ (each) =		
Pull-ups in 2 minutes	.1x ____ (each) =		
Academics	1x __ (A's) + .5x __ (B's) - 1x __ (D's) =		
Football IQ Review (20/25 required)	.1x ____ (#correct) =		
- Complete 3 hours service.			
- Complete the Player Biography and interview with Head Coach.			

Total _____

25pts or higher is required for Hammer Club membership.