



# Roosevelt **Wrestling** Club Points

When you have successfully completed the necessary requirements; you will receive the

## **Travel Bag, Hooded Sweater and Sweatpants.**

Pride points show off your off-season and in-season work ethic and dedication to your personal improvement, in the name of our wrestling team. The Champions' Club is a rewards program for those dedicated to the wrestling team. Equipment is still passed out by final point ranking, regardless of being a Senior, Junior, Sophomore, or Freshman\*\*\*.

### **Point Redemption Dates**

The second / third week in November (depending on when the season starts) Equipment Handout begins  
*First pick of hooded sweatshirt, sweatpants, head gear, travel bag, slicker (if necessary)*

### **How to Earn Points:**

1. 100 points by joining a Fall Sport and Spring Sport  
\*Spring Sports Points are added from the previous year
2. 40 points by joining a Fall Sport
3. 40 points for joining a Spring Sport
4. 100 points for getting a haircut that has hair longer than shoulder length during the first week of practice.
5. 5 points for every "A" earned at the end of the 1<sup>st</sup> and 2<sup>nd</sup> semester
6. 10 points for selling one box of candy
7. 20 extra points if 4 or more boxes of candy are sold
8. 5 points if you placed 6<sup>th</sup>- 5<sup>th</sup> in city the previous year (varsity or F/S).
9. 10 points if you placed 4<sup>th</sup>-3<sup>rd</sup> in city the previous year (varsity or F/S).
10. 15 points if you placed 2<sup>nd</sup>- 1<sup>st</sup> in city the previous year (varsity or F/S).
11. 5 points if you placed 3<sup>rd</sup> in the IHSA Individual Regional Tournament.
12. 10 points if you placed 2<sup>nd</sup> in the IHSA Individual Regional Tournament.
13. 15 points if you placed 1<sup>st</sup> in the IHSA Individual Regional Tournament.
14. 25 points if you placed 1<sup>st</sup>-3<sup>rd</sup> in the IHSA Individual Sectional Tournament.
15. 100 points if you placed 1<sup>st</sup>-5<sup>th</sup> in the IHSA Individual State Final Tournament.
16. 5 points if students had participated in at least 2 open mat sessions.
17. 20 points if students has completed and turned in all paperwork to the head coach by the end of the third week of October.  
(Player Card, Physical, IHSA Steroid Sheet, IHSA Concussion Form, RHS Player / Parent Signature Form)
18. 10 points if students has completed and turned in all paperwork to the head coach by the end of the last week in October.  
(Player Card, Physical, IHSA Steroid Sheet, IHSA Concussion Form, RHS Player / Parent Signature Form)
19. 5 points if students has completed and turned in all paperwork to the head coach by first day of practice.  
(Player Card, Physical, IHSA Steroid Sheet, IHSA Concussion Form, RHS Player / Parent Signature Form)
20. 20 points if the Test Score Card has been completed. Example Table Below:  
\*Coach will provide testing sporadically throughout the year upon request and availability
21. 25 points if you have participated in wrestling camp over the summer

(You must have attended 90% of practice days in order to receive the reward points).

22. 15 points for every student you recruit onto the team (Only one person may claim a new team member).
23. 50 points for breaking a school record (this may be added for every record per year).
24. 40 points for earning 20+ individual wins in a single season (this is added for every year).
25. 100 points for having 12+ team wins in a single season (this is added for every year).
26. 20 points if the Test Score Card has been completed. Example Table Below:  
\*Coach will provide testing 2-3 weeks before the beginning of true practice (before the first week in November).

**Test Score Card**

Date: \_\_\_\_\_ Name: \_\_\_\_\_ Weight: \_\_\_\_\_ Weight Class: \_\_\_\_\_

Year in School (freshman, sophomore, junior, senior): \_\_\_\_\_

Tests	Score / Time		
Vertical Jump	Reach		
	Jump		
Dot Drill			
Sit and Reach			
Crunches			
2 Mile Run			
Push Ups			

✓ *For membership eligibility of the Champions Club, you may earn points up to the end of the season. At the end of the season, a new fresh set of numbers are tallied. Only points earned for the previous year's place winners, "A"'s, other sports, and camp participation will be kept for each category.*

**\*\*Freshman**

**Champions Club for Freshman**

85- 125 Points

126 Points or More

-You are allowed to keep the Travel Bag at no cost

-You are allowed to keep the Travel Bag, Hooded Sweatshirt and Sweatpants at no cost

**\*\*Sophomores, Juniors, Seniors**

**Champions Club for Sophomores, Juniors, Seniors**

190 Points to 215 Points

216 Points or More

-You are allowed to keep the Travel Bag at no cost

-You are allowed to keep the Travel Bag, Hooded Sweatshirt and Sweatpants at no cost