



OFF SEASON POINT SYSTEM

Activity	Points
Takedown	1
Mop Mats Prior to Workout	10
Lift at Off-Season Session	25
Attend Open Mat Practice	25
Attend Off-Season Tournament	100
Bring New Wrestler to Practice	100
Volunteer at Off-Season Tournament	125
Volunteer at Myrmidon Spring Classic	200
Attend West Ottawa Camp	250
Attend Extra Camp/Clinic	300
Wrestle for Off-Season Folkstyle Team	300
Do 15 Consecutive Pull-Ups	325
Add 25lbs. to Max Bench Press	350
Add 50lbs. to Max Squat	350
Win MYWA/MUSAW/WAAAM State Title	400
Do Off-Season Varsity Sport	450
Returning MHSAA Regional Qualifier	500
Join Other Satellite Wrestling Program	500
Wrestle at USAW Folkstyle Nationals/FloNationals	550
Wrestle for MUSAW Duals Team	600
Receive at Least a "B" In Each Class of Second Semester	700
Wrestle on National Team at Fargo	800
Returning MHSAA State Qualifier	1000
Attend J Robinson Intensive Training Camp	1000
Become All-American (Any Style)	1000

This Off-Season keep track of your points. When fall rolls around we will reward you based on your tally.

Contact Coach Lancaster with more questions at lancasterr@westottawa.net