

2010 ROAD ROCKET POINT SYSTEM

Welcome to the John Glenn Wrestling Road Rocket Training System!!!!

This system is designed to increase off-season participation and reward athletes who spend extra time training during the summer and fall months. You can check the web site for updated totals, a calendar that lists practice sessions, and for final scores that will be displayed.

Wrestlers who earn 100 points or more win a custom "Rocket Trained" T-Shirt.
Must attend Crestwood Duals, Olivet Team Camp, and Rocket Camp.

Wrestlers who complete the entire program, earning 200 points or better, and go above and beyond will receive a custom "Road Rocket" singlet.

OFF-SEASON SESSION DATES

Start Date: Thursday, April 15, 2010

End Date: Thursday, October 28, 2010

POINT VALUES FOR ACTIVITIES

40 Points

Olivet Team Camp

Advantage Wrestling Club or Other Off season Training Clubs

30 Points

Active Participation in a Spring or Fall Sport at John Glenn

Other Summer Wrestling Camps

20 Points

Rocket Wrestling Camp

10-15 Points

Tournaments (point value will be given depending on level of tournament)

Bonus Points (10) for Attending All Crestwood Dual Meets

7 Points

Crestwood Dual Meets

4 Points

Strength & Conditioning Session or Open Room at John Glenn