

# 2011 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.

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: Monday, March 7, 2011

End Date: Friday, October 29, 2011

### **POINT VALUES FOR ACTIVITIES**

#### **40 Points**

Olivet Team Camp

Advantage Wrestling Club, Wolverine, Grizzly Wrestling Club

or Other Off season Training Clubs (must be approved if not listed above)

#### **25 Points**

Active Participation in a Spring or Fall Sport at John Glenn

Other Summer Wrestling Camps

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

#### **4-7 Points**

Thursday Clinics, Open Rooms or Summer Lifts at John Glenn.

(Other open rooms and clinics must be approved.)