

## **Commit To Championships**

C2c

C2C is an off season point system that allows individuals to be recognized for their commitment to becoming the best wrestlers they can be. There will be a C2C banner that hangs in the gym every year recognizing every athlete that reaches this level of commitment. This is how it works:

C2C Level = 75 points

XTREME C2C Level = 100

### Event:      Points:

Wrestling Camps	4 per day
Out of Season Tournaments	5 per day
Summer Duals/Tri's	2 per day
Out of Season Practices	1 per practice
Weight Training in the summer	1 per session
Play a spring/fall sport for lhs	10 per sport
Recruit a new wrestler	5 pts(10 max)
Pre-Season Conditioning (Fall)	½ pt per

Coaches will keep up with points gained through LHS events such as team camp, 2 on 1's, summer practices, etc... If you go to a freestyle tournament, training center, camp on your own, other sport, etc.....You must fill out the attached form. If you do summer weight training with another sport you must get written confirmation from that coach. You must earn 60 % of your points with the wrestling team. If you are at football, baseball, LAX, CC camp (for LHS) and miss a practice you will get points for the practice (as long as you are committed to both programs). If you participate in spring football you get 3 points. C2C level gets a C2C shirt; Xtreme Level Gets recognized by a banner as well.

Total Possible Points: June Calendar 61pts, Wrestling Club (20 for practices, 30 for tournaments) 50pts, Pre season conditioning 15pts (approx).

### **IRON MAN**

There will also be a permanent plaque that will display everyone who completes a season with out missing a single practice or match. This is an in season award.

