

Danbury PAL Wrestling goal schedule

We want to set up a schedule of accomplishments that will be rewarded with a T shirt, Ball cap and sweat shirt.

We want to run high intensity and highly efficient practices, therefore we need the wrestler's full attention and cooperation. The wrestler will earn either one positive point for each practice, no point or one negative point. A positive point is earned for an outstanding practice and a negative is issued for missing a practice with out permission or misbehavior. Suspension from practice the first time will result in 5 negative points, the second time will result in removal from the team.

We want to encourage wrestlers to participate in tournaments of all kinds and we want each wrestler to compete as much as each wrestler wants to compete; it is through competition that a wrestler is better able to measure their progress. The wrestler will earn either 1,2 or 3 points for their competing in a USAWCT tournament; they will earn one point for participation, two points for earning a metal and three points for a gold metal. Out of state competitions in dual meets earn wrestlers one point for participation, two points for each win. Out of state tournaments for individuals will earn two points for participation, four points for earning a metal and six points for gold metal.

Wrestling accomplishments points:

State qualifier earns **5 points** (must place top four in state qualifier), Champion earns **10 points**

New England qualifier earns **7 points** (must place top four in State Championship)

State Champion earns **15 points**

New England champion earns **20 points**

Marshwood tournament participant earns **5 points**, place 2nd to 4th **7 points** and the Champion of Marshwoods **10 points**.

NHSCA participant earns **5 points**, place 2nd to 8th for NHSCA earns **15 points** and the Champion of NHSCA **30 points**.

MAWA district participant earns **3 points**, qualifier for Regions earns **7 points** and champion of district earns **15 points**.

MAWA regional participant earns **3 points**, qualifier for National finals earns **10 points** and champion of regional earns **15 points**.

MAWA Eastern National finals participant earns **7 points**, place 2nd to 8th for Eastern National finals earns **20 points** and the Champion of Eastern Nationals earns **50 points**.

The wrestlers are students first and must do their best in the class room, therefore we will issue the following points for grades:

A average earns **25 points**

B average earns **10 points**

C average earns **5 points** (minimum requirement to be in high school sports)

D average will result in **-15 points**

F average will result in **-25 points, or -5 points** for any F

The points will be posted every Friday night at the beginning of practice.

30 points will earn the wrestler an Orange T-shirt. 60 points will earn the ball cap and 120 points earn the hooded sweat shirt.