

Wizards Wrestling Level 2 Practice Requirements

<u>Fitness Based Requirements</u>			<u>Performance Based Requirements</u>	
8 must be done (at least 1 bench AND 1 squat requirement)			Must accumulate 10 points	
Task	Requirement (minimum)	Duration	Achievement	Points
Wide Grip Pull ups	6 reps (4 reps, 200+ lbs)	1 set	Section Champion	10pts
Flexed Arm Hang	25 seconds (18 seconds 180+ lbs)	1 set	Section Runner-up	7pts
Bench Press	1.1x BW 1 rep	3 attempts	Place 3rd - 4th in Section	5pts
Bench Press (Mod)	.85x BW 6 reps (4 reps 200+lbs)	1 set	JV Section Champion	5pts
Squat	1.5x BW 1 rep	3 attempts	18 days Summer Lifting (Off-Season)	5pts
Squat (Mod)	1.1x BW 6 Reps (4 reps 200+lbs)	1 set	Attend Summer Wrestling Team Camp	3pts
1/4 mile run	100 seconds	--	13 days Summer Lifting (Off-Season)	3pts
1 mile run	Less than 8 minutes	--	DV League - 5 or more matches (Off-Season)	3pts
Dead Lift	1.55x BW 1 rep (315lbs max)	3 attempts	Place 5th-6th in Section	3pts
Clean and Press	.8x BW 2 reps (165lb max)	1 set	Place 2nd-4th place in JV Sectional Tournament	3pts
			10+ career Varsity Wins (Non Forfeits)	3pts
			8+ Career Varsity Pins	3pts
			Win a JV Tournament (current season ONLY)	3pts
			15+ career JV wins	3pts
			10+ career JV pins	3pts
			Win Varsity Wrestle-off	2pts
			Wrestle-off Challenge Win (1)	2pts
			Move Retention Test - 3 chain moves	2pts
			2 year Modified Wrestler (awarded to 1st year JV/Varsity Season ONLY)	2pts
			Youth Program Wrestler 2ys (awarded to 1st year JV/Varsity season ONLY)	2pts
			1 year Modified Wrestler (awarded to 1st year JV/Varsity season ONLY)	1pt
			Blue vs Gold Winning team members	1pt

If any wrestler does not complete a minimum of 4 fitness requirements AND accumulates less than 3 performance points, they could be subject to dismissal from the team. Dismissal from team will be heavily dependent on team roster size.