

Elite Lion Program

Purpose:

Create leadership within the team, allow players to create a sense of accountability, and promote a real sense of family and team unity.

Rules:

1. A draft will be held. Members of the leadership committee will draft players for a team that they will be the captain of.
2. Points will be awarded or taken away according to certain criteria.
3. The team with the most points at the end of the off season will receive dinner at a restaurant of the coaches choice and be 1st to get their equipment and #.
4. The team with the fewest points at the end of the season will be required to set up the gym for equipment handout and put the equipment away. They will also be the last to get their equipment and #.
5. The team with the fewest points at the end of the off-season will be required to set up the equipment and water for practices leading up to the 1st game.

Point System

Points will be awarded and taken away daily and grades will be checked every three weeks and then posted online.

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1. Attendance: 20 points (Speed Training: 40 points)	1. Missing Speed Training: -40 points
2. Getting A/B's: 20 points	2. Missing a workout: -20 points
3. Making Team Shirts (approved by Coach K): 50 points	3. Receiving a detention: -10 points
4. Extra Work: 10 points (Outside camps and speed work.)	4. Getting D/F's: -20 points
5. Overall Weight Gain of Team: 100 points	5. Not on time: -10 points