



### ***Academics - Attendance - Attitude - Effort***

The 4 areas WE must excel in daily to create the environment of a consistent, championship program.

#### **Academics:**

***This is for your future, and to protect the team.***

- Student-Athletes will maintain a minimum 3.0 GPA.
- Grade checks at beginning and end of each week, at a minimum, year-round.
- Students with a 3.0 or above after each semester will be recognized.
  - Conversations and consistent intervention (Study hall, Missing assignment accountability sheets etc.) will occur for students who are consistently under a 3.0

#### **Attendance:**

- Student-Athletes will be present at **all** functions. Training, practice, games etc.
- Multiple sports are encouraged. Year-round training with peers at school, while playing multiple sports is a bedrock ideal of our program.
- Community service in and out of season will be for developing leadership and public speaking skills. (Reading elementary program, Special Olympics, or any other program opportunities that arise for Carlmont Football Student-Athletes)
  - **Communicate**
  - No Communication / No Show will require a conversation.

#### **Attitude:**

***The chain is only as strong as its weakest link.***

- Keep the main thing, the main thing.
- Be a great human being.
- Get to know your teammates beyond their name.

#### **Effort:**

***11 variables on one side of the ball each play.***

- Maximize the ability you were born with.

**Individuals lacking in any of these areas will be engaged in a conversation, up to removal from the program.**

**Academic Recognition:**

Maintain a semester GPA of:

3.0, 3.5, 3.8, 3.9, or 4.0

Student-Athlete will receive a Carlmont football t-shirt with their GPA on the back

**Black Jerseys and Weightlifting T-Shirts**

**- Two Methods:**

1. Clean 100kg with Good Technique.
2. Students who hit the qualifying total (Snatch + Clean & Jerk for their age and body weight class) for USA Weightlifting Youth Nationals, in Training or Competition, will receive a Black Practice Jersey and Scots Weightlifting T-Shirt.

1 KG = 2.2 lbs

**2021 USA Weightlifting Youth National Qualifying Totals**

<u>14-15 Age Group</u>				<u>16-17 Age Group</u>	
				<u>Years of Birth: 2004-2005</u>	
<u>Years of Birth: 2006-2007</u>					
				<u>Men</u>	
<u>Men</u>				<u>Weight Category</u>	<u>Qualifying Total</u>
<u>Weight Category</u>	<u>Qualifying Total</u>			<u>49kg</u>	<u>103kg</u>
<u>39kg</u>	<u>70kg</u>			<u>55kg</u>	<u>110kg</u>
<u>44kg</u>	<u>80kg</u>			<u>61kg</u>	<u>125kg</u>
<u>49kg</u>	<u>93kg</u>			<u>67kg</u>	<u>140kg</u>
<u>55kg</u>	<u>105kg</u>			<u>73kg</u>	<u>155kg</u>
<u>61kg</u>	<u>115kg</u>			<u>81kg</u>	<u>170kg</u>
<u>67kg</u>	<u>125kg</u>			<u>89kg</u>	<u>185kg</u>
<u>73kg</u>	<u>139kg</u>			<u>96kg</u>	<u>190kg</u>
<u>81kg</u>	<u>145kg</u>			<u>102kg</u>	<u>194kg</u>
<u>89kg</u>	<u>150kg</u>			<u>102kg +</u>	<u>198kg</u>
<u>89kg +</u>	<u>159kg</u>				

