

WASATCH FOOTBALL

“W A S P” CHAMPION CLUB”

The purpose of this club is to encourage our football players to get involved in as many off-season activities as possible so as to improve their physical skills for the next season and to increase participation on other teams, clubs and activities. We, as a staff, see the intrinsic value of having athletes compete in other sports in order to maintain that competitive edge and feel that athletes need to participate in more than one sport in high school. Our athletes should also see the absolute need to be in a structured weight-training program to increase strength, size, and flexibility and to decrease the chance of injury. In addition, this time begins the foundation for the team morale, work habits and camaraderie.

The CHAMPION CLUB also gives those football players who may work extremely hard, but are just short of having what it takes to be great football players, a chance to gain special recognition for his efforts among his peers. The Wasatch Football staff holds any player who earns entrance into this club in very high esteem. As the title suggests, **we are building champions through commitment.**

Remember, “This is the time when you make the team. If you’re not in here getting better, some other guy is and when August rolls around, it’ll be too late.” Bob Shannon, East St. Louis Flyers.

This is how the program works. First, this is not a mandatory participation, but we feel that by positive peer influence, we can create an avalanche of enthusiasm throughout our program. From November through August, the athlete must earn **120 Champion points** to be inducted in to the club. Here is how the athlete can earn Champion points.

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Must score 120 Champion points or better from November through August.

Point System:

20pts.	-Participate in another WHS sport or activity during school year
20pts.	-“WASP”(Wasatch Agility Speed Power) Training
20pts.	- “BLACK” EDGE strength program (95% attendance) November 12 th -January 16 th
20pts.	- “YELLOW” EDGE strength program (95% attendance) January 22 nd - March 21 st
20pts.	- “WHITE” EDGE strength program (95% attendance) March 26 th -May 24 th
20pts.	-Summer EDGE strength program (95% attendance)
20pts.	-Attend Wasp football camp (95% attendance) June 3 rd -June 7 th
10pts.	-Each additional football camp attended
10pts.	-Bingham Classic Powerlifting meet Thursday May 2 nd (tentative)
10pts.	-Each additional weight lifting competition attended
20pts.	-Returning to fall camp stronger and faster
15pts.	-3.0+ GPA (each quarter)
10pts.	-Each service project participated in

A player who earns membership into the “W A S P CHAMPION CLUB” will:

1. Have a group picture
2. Receive “Champion Club” clothing
3. Be eligible to be selected to be a team captain
4. Be exempt from first day of conditioning in August
5. Receive special recognition at the Rewards Banquet