

# Capital Wrestling

## Varsity Letter Award

(100 points required)

<b><u>Wrestling Points Criteria (include all that apply):</u></b>	<b><u>Points</u></b>
State Champion	100
State Placer	75
State Qualifier	50
50% of matches wrestled at the Varsity level	25
Attend a summer wrestling camp	20
 <b><u>Attendance (one of the following):</u></b>	
90% attendance/participation in practices	50
80% attendance/participation in practices	20
 <b><u>Academics (one of the following):</u></b>	
4.0 GPA	25
3.5 – 3.99 GPA	20
3.0 – 3.49 GPA	15
2.5 – 2.99	10
 <b><u>Other (include all that apply):</u></b>	
Participates in fundraising efforts	10
Participates in team building activities	10
Participates in Club Wrestling (minimum 2 tournaments)	10
Participates in a Fall sport (football, soccer, x-country, swimming)	10
 <i>Wrestling Points Total</i>	 _____
<i>Attendance Points</i>	_____
<i>Academics Points</i>	_____
<i>Other Points</i>	_____
 <b>Total Varsity Points</b>	 _____

Name \_\_\_\_\_