

Off-Season Lifting and Spartan Helmet Stickers #YouVsYesterday #ALLiN

Winter Season (Quarter 1)

November 5th - February 22nd (66 Total Lifting Opportunities)

Max-Out February 19th-22nd

Spring Season (Quarter 2)

February 25th - May 29th (64 Total Lifting Opportunities)

Max-Out May 28-29th

Summer Season (Quarter 3)

June 3rd - July 25th (28 Lifts)

Max-Out Spartan Challenge July 30th

Football Season (Quarter 4)

August 12th - State Championship (32 lifts)

Must Max-Out During Designated Max-Out periods in order to earn Helmet Stickers

Power Clean

200 lbs - 1 Sticker
225 lbs - 2 Stickers
250 lbs - 3 Stickers
275 lbs - 4 Stickers
300 lbs - 5 Stickers

Squat

325 lbs - 1 Sticker
350 lbs - 2 Stickers
375 lbs - 3 Stickers
400 lbs - 4 Stickers
425 lbs - 5 Stickers

Bench Press

200 lbs - 1 Sticker
225 lbs - 2 Stickers
250 lbs - 3 Stickers
275 lbs - 4 Stickers
300 lbs - 5 Stickers

MPPO

4.15 - 4.34 = 1 Sticker
4.35 - 4.54 = 2 Stickers
4.55 - 4.74 = 3 Stickers
4.75 - 4.94 = 4 Stickers
4.95 & + = 5 Stickers

Dot Drill

55-59 seconds - 1 Sticker
54-50 seconds - 2 Stickers
49-47 seconds - 3 Stickers
46-44 seconds - 4 Stickers
43 seconds & lower - 5 Stickers

40 Yard Dash

4.9s - 1 Sticker
4.8s - 2 Stickers
4.7s - 3 Stickers
4.6s - 4 Stickers
4.5s - 5 Stickers

Vertical Jump

27-28 inches - 1 Sticker
29-30 inches - 2 Stickers
31-32 inches - 3 Stickers
33-34 inches - 4 Stickers
35 inches & + = 5 Stickers

Pro Agility

4.4s - 1 Sticker
4.3s - 2 Stickers
4.2s - 3 Stickers
4.1s - 4 Stickers
4.0s & - = 5 Stickers

Other Sticker Opportunities:

- Any Personal Record During Max-Out Period = 1 Sticker
- Reaching 1 goal Set by Athlete (3 total goals set) = 2 Stickers/each goal (6 stickers possible)
- Make Spartan Lifting Board = 3 Stickers
- Set School Record = 10 Stickers

158 Total Lifting Chances (Max 4/wk) from NOW until Football Season Starts

Complete 100 Lifts = **2018-2019 Rocori Football T-Shirt**

Complete 130 Lifts = **Steak Dinner (97% Percentile, Uncommon)**

- If you play just Football = 135 Lifts Expected before football starts (4/wk, unless school week has only 2 days, in which you'd lift those two days)
- If you play a Winter Sport ONLY = 121 Lifts Expected before football starts (In Winter season, you are expected to get 3 lifts/wk, which would count as 4 lifts)
- If you play a Winter and Spring = 108 Lifts Expected before football starts (In Season, you are expected to get 3 lifts/wk, which would count as 4 lifts)
- If you play a Spring Sport ONLY = 122 Lifts Expected before football starts (In Spring season, you are expected to get 3 lifts/wk, which would count as 4 lifts)

Out-Season Athletes

- **Expectations are to complete 4 lifts/wk**
 - Can be done Before or After School
 - Morning Lifting (Monday-Thursday)

In-Season Athletes

- **Expectations are to complete 3 lifts/wk (This would be recorded as 4 – Same as out-season athletes)**
 - **3 Lifts = 4 Lifts**
 - **2 Lifts = 3 Lifts**
 - Can be done with In-Sport team
 - Morning Lifting (Monday-Friday)
 - ***I want Multi-Sports Athletes!!!!***
 - However, we still need to gain strength during seasons
 - Football is switching to 3 lifts during season next year

Selecting Jersey Number for Football Season - Most Lifts = 1st Choice for Jersey Number

No one is entitled to anything based off the past...we must WORK to get what we want