



“Success occurs when your **DREAMS** get **BIGGER** than your Excuses.”

2020 South Lyon Football Pride Club

100 points is the MINIMUM Varsity Expectation. A player can earn points in the following ways:

ACADEMICS

(X) 3 X GPA on Final report card. Up to 12 points.

PROGRAM

- (5pts) Letter Campaign
- (10pts) Virtue Camp
- (2pts) Each Leadership Building Class with Coach D attended

ATHLETICS

- (20pts) Playing a Spring Sport
- (2pt) Each 7 on 7, Lineman as well (5 total)
- (25pts) All Spring Workouts (1 per workout)
- (2pts) Each Technique Camp Day (5 total)
- (15pts) All Summer Workouts (1 per workout)
- (2pts) Each Team Camp Day (5 total)
- (10pts) MINIMUM Squat Expectation (5 Reps required)
 - LINE – 315 x 5 (+5 for next level)
 - LB/RB – 275 x 5
 - WR/DB/QB – 225 x 5
- (10pts) Jamboree (July 14th)
- (2pt) Each day at another Football Camp
- (2pt) Team Activities

Points begin on March 9th. “Feed the Pride!”