



LW Off Season Standard

Declare your commitment for each season (Winter, Spring, June, Summer)

- Attend LW strength & conditioning
- Play LW sport Winter and/or Spring

School Days	Mon, Tue, Thu, Fri	3:10-4:30pm
Non School Days	Mon, Tue, Thu, Fri	9-10:30am

Reasons Why Off Season Standard

- 1) Athleticism – become bigger, faster & stronger
- 2) Health – 99% of players who earn 100 points played in every game during the season
- 3) Team Building - Develop G.R.I.T. values & Always Rising mentality with teammates

In Season Athletes in LW sport

Season	Dates	In season LW Athletes	Points
Winter	Nov. 18 – Feb. 28	Wrestling, Basketball, Swimming	40
Spring	Mar. 2 – May 24	Track, Baseball, Soccer, Lacrosse	40

Out of Season Athletes in LW Strength & Conditioning

Season	Dates	Point Opportunities
Winter	Nov. 18 – Feb. 28	60
Spring	Mar. 2 – May 24	52
Summer Football	June 2 – June 12	10
Summer	June 15 – Aug. 19	40
TOTAL		162





Off Season Standard

Season	Standard	Season	Standard
Winter	40	June Ball	8
Spring	40	Summer	32
TOTAL	Off season standard 100 points		

Earn everything

<u>Item</u>	How
Helmet decal - GRIT	100 Points
Lifting Shirt	Lifting Level

Contact

Info	How
aarena@lwsd.org	Email
425.444.6595	Cell (Text)
425.936.1741	Office Phone

Signature Form Due to Coach Arena Following Post Season Meeting

WINTER: _____

SPRING: _____

I understand the LW Football off season standard and its purpose in preparing me to be the best student/athlete I can be.

Student/Athlete Print Name

Student/Athlete Signature

Date