

When you go the extra mile,
it's never crowded.



Welcome To The Guerin Wrestling Point Session Page

The Guerin Wrestling Points System is designed to increase off-season participation and reward athletes who spend extra time training during the summer and fall months. You can check back here for updated totals, a calendar that lists practice sessions and final scores. The top six win a custom t-shirt and will have name on wall.

Off-Season Points Session

Start Date: Monday February 15th 2010

End Date: Wednesday October 29th 2010

How To Earn Points

1. Strength & Conditioning Session - 1 Point
2. Wrestling Practice - 2 Points
3. Tournaments 4, 10, 15 Points (depends on level of tournament)
 - 4 points: Developmental Tournament
 - 10 Points: State Level Tournament
 - 15 Points: National Level Tournament
4. Playing another sport at GPHS - 30 Points
5. Guerin Wrestling Team Camp - 20 Points

