

Martin Tennis Cuu-wi (Elite) Program

Qualifying Total Point Value

1. The criteria for achieving points are based on 2 categories, with multiple sub-categories. The program is designed with “limited” categories where a player can only score a maximum number of points based on meeting standards associated with time and repetitions. A second category has also been designed with “unlimited” point earning potential. A player can score as many points as desired, based on the amount of dedication the player commits to the Sport over the summer.

Players who achieve between 90 –100 points will be eligible for Cuu-Wi (Elite) status.

**Provided all other eligibility requirements are met and maintained.*

Players who achieve 80-89 points will be eligible for Red shirt status.

**Provided all other eligibility requirements are met and maintained.*

Players who achieve 70-79 points will be eligible for Gray shirt status.

**Provided all other eligibility requirements are met and maintained.*

Players who achieve under 70 points will receive our regular White shirt.

Strength and Conditioning

1. Summer Strength and Conditioning Program (30 possible)

a.Boys/Girls

- i. 1 point per workout attended

2. Aerobic Conditioning (1 mile run) (15)

a.Boys

- i. 6:00 or under **15 pts**
- ii. 6:01 – 6:10 **13 pts**
- iii. 6:11 – 6:20 **11 pts**
- iv. 6:21 – 6:30 **9 pts**

a. Girls

- i. 7:00 or under **15 pts**
- ii. 7:01 - 7:10 **13 pts**
- iii. 7:11 – 7:20 **11 pts**
- iv. 7:21 – 7:30 **9 pts**

3. Anaerobic Conditioning (2-court sprint) (15)

a.Boys

- i. 1:00 or under **15 pts**
- ii. 1:01 – 1:03 **13 pts**
- iii. 1:04 – 1:06 **11 pts**
- iv. 1:07 – 1:10 **9 pts**

a. Girls

- i. 1:03 or under **15 pts**
- ii. 1:03 – 1:06 **13 pts**
- iii. 1:07 – 1:10 **11 pts**
- iv. 1:11 – 1:15 **9 pts**

4. Strength Conditioning (Bench Press – 6 reps - no assistance) (10)

a. Boys

- i. Body wt. x .75 **10 pts**
- ii. Body wt x .70 **8 pts**
- iii. Body wt x .65 **6 pts**
- iv. Body wt x .60 **4 pts**

a. Girls

- i. Body wt x .65 **10 pts**
- ii. Body wt x .60 **8 pts**
- iii. Body wt x .55 **6 pts**
- iv. Body wt x .50 **4 pts**

4. Strength Conditioning (Squat – 6 reps – no assistance) (10)

a. Boys

- i. Body wt x 1.35 **10 pts**
- ii. Body wt x 1.30 **8 pts**
- iii. Body wt x 1.25 **6 pts**
- iv. Body wt x 1.20 **4 pts**

a. Girls

- i. Body wt x .90 **10 pts**
- ii. Body wt x .85 **8 pts**
- iii. Body wt x .80 **6 pts**
- iv. Body wt x .75 **4 pts**

Dedication to the Sport

(30 total points)

1. **Summer Tournaments**
 - a. **Boys/Girls**
 - i. 2 points for each tournament played.
 2. **Summer Tennis Camp** (*approved camp*)
 - a. **Boys/Girls**
 - i. 10 points for a 4-5 day camp or more
 - ii. 3 points for a 2-day camp or more
 3. **Private Lessons** (*from certified professional – or Coach approved teacher*)
 - a. **Boys/Girls**
 - i. 2 points for a 1 on 1 private lesson.
 - ii. 1 point for a group lesson (2 or more)
 4. **Drill Session** (*from certified professional – or Coach approved teacher*)
 - a. **Boys/Girls**
 - i. 1 point per drill session attended.
 5. **Leadership/Giving Back**
 - a. **Boys/Girls**
 - i. 5 points for instructing at Future Champions Summer Tennis Camp.
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Unconditional Requirements for Elite Status

Any drop in fitness levels or non-compliance of core values will result in removal from elite status and athlete will be placed back in team status will all benefits and privileges removed.

1. Athlete must maintain a passing grade average every 6 weeks.
2. Athlete must always demonstrate and never waiver from the Martin Character Values.
3. Athlete must always lead by example.
4. Athlete must maintain qualifying levels of fitness. A drop in strength, anaerobic or aerobic fitness level will result removal of elite status.

Benefits to qualifying for Elite Status

1. Athlete will be recognized as a player who has achieved elite status by coaches, teammates and opposing schools.
2. Athlete will have the option of “opting out” of after practice aerobic/anaerobic conditioning, except on test days and days coaches deem necessary.
3. Athlete will have the option of picking up balls after drills or workouts, unless coaches deem necessary.
4. Athlete will have choice of seat, in vehicle, on travel days.
5. Athlete will have say of where team eats on away trips, pending coach’s approval.