Coastal Carolina University's PGA Golf Management Program Presents:

**IRON CHANT CHALLENGE**

Contestant Information:
Name: (last name) (first name)
Graduation Year: 
Competition Weight: 
Competition Height: 
Todays Date: 

Challenges

**Strength Challenges (lifting full body weight)**
How many times can you bench press your own body weight until failure?
How many times can you squat (parallel) your body weight until failure?
How many pull-ups can you do until failure?
How many push-ups can you do until failure?
What is your vertical jump? (NFL combine style-best of 3 attempts)

**Time Trials Challenges**
How fast can an individual bear crawl 100 yards?
How far can a competitor run in 12 minutes?
How long can you hold a “plank” position?

**Knowledge Testing**
Nutritional Exam?
Muscle group for work out exam?

**ANY TIE BREAKERS WILL BE BROKEN BY USING A WEIGHTED CLUB AND JUDGING HOW FAR YOU CAN THROW IT. THE CLUB THROW CHALLENGE WILL CONSIST OF THREE TOSSES WHERE THE TOTAL DISTANCE OF ALL THREE THROWS WILL BE CALCULATED TO CROWN A WINNER.**

Competitors will accumulate points for each challenge and must participate in every event in order to become the Iron Chant. The scoring system is listed below:

1. 20 Points
2. 17 Points
3. 14 Points
4. 11 Points
5. 8 Points
6. 6 points
7. 4 Points
8. 3 Points
9. 2 Points

The individual with the highest point total per class will become the class champion and the competitor with the highest overall point total will be the Iron Chant. The overall champion and class champions will have their names engraved on a plaque which will be held in the CCU PGA Golf Management Office. Also, individual competition records will be held in the Player Development Office.