

Strength Training and Conditioning Rules and Syllabus

Rules

1. No screwing around in the weight room.
2. Do what I ask you to do!
3. You must wear work-out clothes. Athletic shorts, t-shirt, socks, and tennis shoes.
 - a) No wearing of another high school's clothes!!
4. You may leave the weight room once per day.
5. No sitting
6. Out more than 3 days – I need a doctors note.

Grades

1. Everybody starts with an A+.
2. You get 4 misses per quarter.
 - a) Every 4, your grade will decrease one letter grade.
 - b) If you do not dress, that counts as a miss.
 - c) School functions (field trips, etc.) will not count toward your four misses.
2. Other ways your grade can be reduced.
 - a) Do not do what I ask
 - 1) Example – Take some weight off the bar and go lower on your squat!
 - 2) This would count the same as a missed class.
 - b) You will need to get all lifts done throughout the week.
 - 1) At the end of the week, I will check your work-out sheets.
 - 2) If all lifts and exercises are not finished at the end of the week, that will count the same as one missed class.

Semester Grade

1. Each quarter counts as half of your semester grade.

Comments

1. This is an elective class. Expect to work and improve your strength and your athletic ability!
2. I expect you to take this class seriously and to work at the techniques that we are trying to teach.
3. All athletes should take this class. It's an excellent opportunity to improve what all of our athletes need to improve without having to get up early to do it, stay after school or after your sport to do it, or to use practice time.
4. It will improve your appearance if you work at it!