

# Strength Training and Conditioning

## Rules and Syllabus

### Rules

1. No talking when I am.
2. No screwing around in the weight room / weight room etiquette
  - a) Try not to drop the weights
  - b) Put weights away when you are done with each lift
  - c) Injuries can occur
3. Do what I ask you to do!
4. You must wear work-out clothes. Athletic shorts, t-shirt, socks, and tennis shoes.
  - a) No wearing of another high school's clothes!!
  - b) If you don't have clothes, you still work – out!
5. You may leave the weight room once per day.
  - a) We will try to lock the locker room doors after we get started.
    - 1) LOCK YOUR BELONGINGS UP IN YOUR LOCKER!!!!
      - a. Although we try to lock the locker rooms, they often get unlocked.
      - b. You are responsible for locking your stuff up!!!
    - b) Nobody down main hallway. Take care of restroom during changing period.
6. No sitting
7. No more than 3 in a group on cores
  - a) Hang Clean area
8. Try to spend less than 90 seconds between lifts
9. Focus on your lifts
  - a) No talking while performing a lift
10. Out more than 3 days out – I need a doctor's note.
11. We will start in gym this year and add a dynamic stretch or warm – up activity to the day.

### 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.
  - c) Cheating
    - 1) Not finishing sets
  - d) Being late to class. I will take attendance approximately 5 minutes into the class period. Be in the weight room by then.
  - e) Any violation of above rules

### **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.**
  - a) **If you want to improve in the areas you are trying to improve, you must do the lifts correctly.**
3. **You will not get stronger unless you work with intensity and push yourself. I can require you to get the lifts done, but what goes into the lifts is what matters!!**
4. **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.**
5. **The lifts we do are about the same as all work – outs.**
  - b) **A wrestling program from a college**
  - c) **A softball program from a college**
  - d) **A Going Vertical program**
  - e) **A professional weight instructor's program**
6. **It will improve your appearance if you work at it!**

