

# Weights & Conditioning

## Syllabus

### Supplies Needed:

1. Shorts/Sweatpants (everyone must wear gym shorts that are long enough.)
2. Appropriate T-shirt (no holes, offensive material, or too revealing.)
3. Tennis shoes / gym shoes
4. Socks
5. Towel
6. Physical

### Daily Routine:

1. You will have **5 minutes** from the second bell to be dressed and ready. We will use the locker rooms in the school. We will meet in the gym and walk to the weight room together.
2. Out of season students will lift 3X each week.
3. In season students workout may be modified one of those days depending on coach's discretion.
4. Every day you will do dots, ropes, boxes, or other agility warm-up led by the teacher. Then you will proceed to your daily workout/activity.
5. You will be released as a group 7-10 minutes before the end of the period to shower. **Showering is mandatory to maintain good hygiene.** If you need deodorant see me.
6. If you complete your workout early you will work more auxiliary lifts until the class is released. You will work the entire period everyday. Refusal to do so will result in an automatic ZERO for that day.
7. 2X per week we will be working plyometrics, speed, agility, and conditioning. One of these days may be converted into a game day depending on how hard you work throughout the week.
8. For in season athletes you will have an alternate workout set up by your coach on game/meet days. This may include flexibility, speed, agility, and light cardio. If your coach does not request an alternate workout you will do the same workout as the rest of the class.
9. **After showering the class will remain in the gym until class is over.**

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### Grades:

#### 1. Grading Policy:

- a. You will be able to earn 5 points per day.
- b. Your attitude and work ethic will directly affect your grade.

#### 2. Grading will be as follows:

- a. On time
- b. Dressed/proper attire
- c. Warm up, completing all lifts, spotting for each other.
- d. Clean up
- e. Hygiene/shower

#### 3. Inappropriate behavior/horseplay

- a. Automatic ZERO for the day or possibly removed from class permanently.

#### 4. Below a B-

- a. You will possibly be removed from weights/conditioning class at 9 weeks or semester time.

#### 5. Make-up Grades:

- a. If you miss a class for any reason you will need to make that day up to get 5 points.
- b. There are two ways you can make a day up and get full credit.
  - i. Type a one-page paper, 12 pt. font double-spaced, on an athletic article out of a magazine, newspaper, or from an online source. At least half of the paper should be detail about what the article stated and the rest should be why you chose this article and any other thoughts you have about the topic.
  - ii. Do 30 minutes of physical activity outside of school and have a teacher, parent, or coach sign a note saying what you did, how long you did it, and what day you would like to make-up for. This will NOT include any school activity that you are already a part of. Things this may include are; Lifting weights, running, chores around the house, sports, recreational activities, etc. We are looking to enhance physical activity in all aspects of your life.

### Multicultural:

We will be participating in several multicultural activities and games, listening to multicultural music during exercise, and counting during stretches in other language, mainly Spanish.