



Strength Training

Rules, Regulations, Procedure & Expectations.

Overarching Philosophy

We will develop a better-fit student,
establish fitness habits, and
learn how to maintain our fitness
level that we desire.



Interested in Developing Each Student

1. Physically

- a. Cardiovascular Fitness
- b. Flexibility
- c. Stronger
- d. Faster
- e. Tone/Size

2. Mental Concentration

- a. Follow Rules & Expectations.
- b. Follow Strength Workout on Tablet.

3. Socially

- a. Working with others.
- b. Challenging & Encouraging classmates.

Required Participation and Dress

- Students are required to dress in:
 - Shirt - T-shirt, Long Sleeve or Sweatshirt,
 - No V-Neck. No Tank or Cut-off shirts.
 - Shorts - Athletic, Sweats, Leggings,
 - You will be on back with legs up. Cover-up!
 - Socks & Tennis shoes (tie them up).
- Clothing will have no advertising of alcohol, tobacco, etc. (school policy).
- Head, arms, and neck should be the only skin that is visible above the waist.
- Wear clothes that will not disrupt the environment.

Required Participation and Dress

- Personal hygiene is IMPORTANT and a MUST! Take care of your body.
- Students are encouraged to shower after each day's activity. Good lifelong practice.
- You will need to bring your own shower items
- Body Order disrupts the class.
 - Talk to the teacher about concerns.



Activity Restriction and Modification

- Well enough to be in school... well enough to participate in activities.
- Injuries happen, if you are injured we will find alternative workouts that do not bother your injury.
 - Ex: leg injury (core work, upper body exercises)
- If you need modifications a medical note must be presented in detail before class.
 - Teachers must follow Doctors orders.



Class Conduct (Behavior, Equipment Use, Gum)

- You are expected to follow rules in the Student Handbook.
- Students are expected to care for all equipment in a respectful and responsible manner.
 - Especially: Tablets, Mirrors & Walls.
- If any damage is done to equipment you are responsible for any damage. You will be billed.
- Bring a water bottle everyday. No Sport Drinks.
- No horseplay or profane language will be tolerated. THIS INCLUDES LOCKER ROOMS.



Student Expectations

- Remain seated by locker until class has ended. If you choose to leave the locker room without permission you will receive a Zero for the day & a detention.
- You will workout everyday regardless of attire.
- Use your own towel, deodorant and other personal hygiene items.
- Be safe at all times!

Student Expectations Continued

- For safety reasons, talking is to be minimal in the weight room.
- Students are encouraged to take clothing home (at the least) at the end of each week.
- Only plastic shampoo, deodorant, hair spray, and cologne/perfume bottles are allowed.
- Students are required to report injuries to their teacher immediately.

Make-Up Requirements



Students will have two (2) weeks to make up missed classes

If a student is absent from class, you will receive a “0” for the day.

Make up time must be clearly discussed with the teacher.

- best time to make things up is during advisement in Big Gym.
- 1 mile run outside. (Continuous movement for full credit).
- 15 long up & overs. (Continuous movement for full credit).

BE HERE FOR A REASON!