**SHAW HIGH SCHOOL**

**WEIGHT ROOM EXPECTATIONS**

1. WEIGHT TRAINING IS NOT FOR EVERYONE, I EXPECT YOU TO COME IN WITH A GOOD ATTITUDE AND ALWAYS BE WORKING.

2. WE WILL WORK BELL TO BELL.

3. I WILL GIVE CONSTANT INSTRUCTION, AND YOU ARE EXPECTED TO FOLLOW THIS INSTRUCTION TO THE BEST OF YOUR ABILITY.

4. YOU ARE EXPECTED TO FOLLOW ALL WEIGHT ROOM SAFETY PROCEDURES AND SHS CLASSROOM POLICIES.

5. THERE IS ZERO TOLERANCE FOR LAZINESS, BAD ATTITUDES, AND DISRESPECT.

6. DISCIPLINE, HARD WORK, AND A GREAT ATTITUDE IN THIS CLASS WILL MAKE FOR A VERY SUCCESSFUL SCHOOL YEAR IN WEIGHT TRAINING FOR YOU IN THIS CLASS.

7. WE WILL ALWAYS LIFT WEIGHTS. A DOCTOR’S NOTE MUST BE PROVIDED FOR INJURIES, AND I WILL DESIGN A WEIGHTLIFTING CURRICULUM THAT WILL ALLOW YOU TO STAY INVOLVED IF YOU HAVE AN INJURY.

\*I AM HERE FOR YOU AT SHS. I UNDERSTAND THAT THERE ARE CIRCUMSTANCES BEYOND OUR CONTROL IN LIFE THAT AFFECT THE WAY WE FEEL AND INTERACT WITH EACH OTHER ON A DAILY BASIS. COMMUNICATION IS KEY, AND LET ME KNOW IF I SHOULD BE AWARE OF SOMETHING THAT IS KEEPING YOU FROM PERFORMING YOUR BEST.

STUDENT SIGNATURE DATE

PARENT SIGNATURE DATE

SHAW HIGH SCHOOL

WEIGHT ROOM SAFETY

1. NO HORSEPLAY
2. BE AWARE WHERE YOU STAND THE ROOM IS SMALL AND CROWDED.
3. ALWAYS SPOT ON BENCH AND SQUAT IN THE POWER RACKS
4. YOU **CAN NOT** PERFORM A LIFT IN THE POWER RACK WITHOUT SPOTTER
5. NO SITTING DOWN
6. NO LAYING ON BENCH UNLESS YOU ARE WORKING ON IT
7. **DO NOT** LEAVE BARS, BUMPERS, ETC. ON THE FLOOR FOR SOMEONE TO TRIP OVER
8. PAY ATTENTION TO YOUR SURROUNDINGS
9. ALWAYS PUT SAFETY CLIPS AT THE END OF YOUR BARS
10. ALWAYS WORK WITH WEIGHT PRESCRIBED BY THE STRENGTH COACH (NO FREELANCE MAXING)
11. YOU **DO NOT** LIFT UNTIL THE COACH IS IN THE ROOM. IF THE COACH HAS TO STEP OUTSIDE FOR ANY REASON THEN ALL LIFTING STOPS.
12. WORK HARD TO BE AWARE OF YOUR SURROUNDINGS AND TAKE CARE OF EACH OTHER IN THE WEIGHT ROOM!

STUDENT SIGNATURE DATE

PARENT SIGNATURE DATE