



High School Boys Weight Training

Syllabus

Welcome & Introduction

Welcome to weight training. Unlike many P.E. classes, this class will tax your body, mind & will. It is not a “blow-off” class – you will be required to work as hard as you’ve ever had to work. However, if you put forth the maximum effort every day, gains will be made in every physical area – strength, quickness, speed, agility, endurance, physical, as well as mental capacity.

Requirements

1. P.E. Uniform – you will be required to wear your own white Spartan t-shirt & red shorts. Do not borrow anyone’s clothes.
-  Bag & Lock – to eliminate theft in the locker room you will be required to keep your clothes in a P.E. bag, transport it from your locker to the gym & lock up your belongings during class. The top lockers are for weight training – keep a lock in your bag to lock up your school clothes, wallets, watch, cell phones, etc.
-  Be on time – physical consequences will result from being late to class. You will have exactly 6 minutes from the tardy bell to be dressed & in the weight room. Additionally, tardies will be recorded & submitted to the office, if need be.
 - Tardies to Class (per semester – Unexcused)
 - 4th offense – 1 unexcused class absence resulting in loss of exam exemption
 - 5th offense – Administration Detention
 - 6th offense – 2 Administrative Detentions
 - 7th offense – Saturday School
 - 8th offense and all others – Suspension
4. Shower – bring a towel if you wish to shower. However, any showers will need to be quick so as to avoid being tardy to your next class. Don’t use weight training or the coach as an excuse for your tardies!
5. A positive attitude & an intense, hardworking, persistent spirit in the weight room. Slacking off, socializing, “going-thru-the-motions”, & horseplay will NEVER be tolerated. I want you to work hard from beginning to end!
6. Be conscientious & alert when your partners are lifting. A very important part of this class is safety & spotting your partners with diligence & with full attention will help eliminate any accidents.
7. Floating Days – for in-season athletes only, 1 day a week will be given as an “off” day. These days are assigned for game days, however, if you have multiple games in a week you will need to choose which day to sit out. Additionally, these days will require the athlete to perform some cleaning jobs in the weight room area or a study hall environment. You must have something to work on or you will be working!

8. Weight Training Schedule Book – you will have a book to use in weight training to be left in the equipment room upstairs. Do not take them out of the room & make sure you put it up after lifting each day. Take care of them, because it is your plan for the entire semester. Furthermore, you will be required to follow the plan laid out in the book.

Grading

- a. Daily Grade – Basically you will receive 5 points a day provided you are present & on time, dress out correctly, & you finish all your lifts & exercises
 - 5 points are given for dressing out properly
 - i. 1 point deduction for an absence apart from a school trip or college visit that is pre-approved by the office
 - ii. 1 point deduction for any tardy not accompanied by a note from the office or a teacher
 - iii. 2 point deduction for wrong t-shirt, shorts, or shoes
 - iv. 3 point deduction for any two of the 3 required uniform items that are not appropriate
 - v. 4 point deduction if you don't dress out at all, but still participate
 - vi. 5 point deduction
 1. no dress, no participate
 2. not finishing your lifts & exercises for that day
 3. severe misconduct – i.e. vulgarity, bullying, fighting, cursing, horseplay, over socializing, “slacking off”, or anything the coach deems as excessive misbehavior
 - vii. A doctor's or parent's note is the only excuse for not dressing out or participating.
- b. Testing Grade – Each 6 weeks you will be tested in at least 10 physical tests. These tests are important in gauging your progress or lack thereof in this class.
 - i. 10 points per test for a total of 100 points will constitute your testing grade. If you are absent, you will have one chance for makeup before or after class but after that chance, you will forfeit your points. If you are injured & cannot attempt the test you must have a doctors note to be excused & unpunished. It is highly encouraged, however, for every athlete to attempt every test.
- c. Article review – once per six week period, the coach will assign the athletes to link to a pre-approved site to read an article dealing with such possible topics as: safety, spotting, nutrition, techniques, etc. Upon reading the assignment, a small assessment will occur the next block class period. This assignment will be worth 40 points toward the student's grade.

Rules

1. Horseplay in weight room or locker room will NEVER be tolerated.
2. Clean up all weights – physical consequences for any weight found an any time on the floor.
3. Profanity or vulgarity will not be tolerated.
4. Lock all clothes, belonging, & especially valuables.
5. Finish all lifts & exercises each day.
6. Take care of your Weight Training Schedule book.

Closing

I commend each of you for being a part of a very difficult, but rewarding class – I'm very proud of you for choosing this class! Just remember, I will have no problems with you & you will have no problems with me if you only resolve to give your best effort every day.

Building Others for Christ

Coach Gary Richey

Strength Coach

Asst. Head Football & Head Golf Coach

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Parent Information Sheet

Due Friday August 18

Name _____

Grade _____

Phone # _____

Parent's Name(s) _____

- **Have you ever taken Weight Training before?** _____
 - **If so how many years?** _____
- **Have you ever been on any GACS athletic team(s)?** _____
 - **If so, what teams & what years? Ex. Soccer – 8th, Fr., Soph., Jr.,**
- **What sports do you play competitively?** _____
- **What teams do you plan on trying out for this year?** _____

Contract/Agreement

I have read & I agree to accept the terms of this syllabus & for this class. I agree to work to my very best ability & effort every day.

Athlete's signature _____

Parent's signature _____

Health Concerns: _____

