

COLUMBIA STRENGTH AND CONDITIONING

Mr. Cooper

STRENGTH TRAINING POLICY:

The purpose of this policy is to ensure safe and orderly strength training facilities at Columbia Junior High School. The primary purpose of the strength training facilities is to serve as educational sites for physical education and athletic conditioning for junior high school students.

Goal:

TO INCREASE THE STUDENT'S OVERALL FUNCTIONAL STRENGTH/CARDIOVASCULAR FITNESS THROUGH WEIGHT TRAINING/CARDIOVASCULAR EXERCISE. STUDENTS WILL ALSO LEARN THE SAFETY PRINCIPLES OF WEIGHT TRAINING AND CONDITIONING. EMPHASIS WILL BE PLACED ON THE PROPER TECHNIQUES OF WEIGHT TRAINING AND CONDITIONING.

THE NAMES AND PURPOSES OF THE VARIOUS MUSCLE GROUPS AND EXERCISES WILL ALSO BE INTRODUCED. SPEED DEVELOPMENT, AGILITY, AND PLYOMETRICS WILL ALSO BE WITHIN THE WEEKLY WORKOUTS.

BEFORE STARTING ANY EXERCISE PROGRAM IT IS ADVISABLE TO CONSULT A PHYSICIAN.

The quality of a student's participation is defined by their level of effort, attitude, cooperation, attention, and preparedness. I believe that students who strive for achievement in those areas will make positive, natural progress in their learning and development.

Students are to enter the weight room mentally and physically prepared. Our basic rule is that you are lifting, spotting, or changing weights. If you are not doing one of these three things, you're not participating.

The weight room is for lifters-not bystanders. This is a work place-not a play place. **Socializing** should be done elsewhere. Anyone who is not lifting will have points deducted.

EVERYDAY WE WANT EACH AND EVERY STUDENT TO BE SAFETY CONSCIOUS WHEN LIFTING, SPOTTING, AND CHANGING WEIGHTS. REMEMBER THAT OUR NUMBER ONE CONCERN IN THE WEIGHT ROOM IS SAFETY!

Proper gym attire is a must for safety and hygiene. Gym attire will be clean, non-ratty or full of holes. No cut-off jeans, boxer shorts or button shirts and pants. Attire will be proper fitting and not exposing. Wear shorts at the hips and not sagging (If sagging of the shorts persist then the student will be asked to leave.) The CJH dress code applies to weight room attire.



Paper and pencil activities will also be an element of this class.