

Introduction to Weight Training

Mr. Osborn

Introduction to Weight Training is a course geared towards teaching the novice student the proper techniques and systems of lifting weights. This knowledge will form the basis for your future physical and strength goals.

Classroom Expectations:

Be prepared for class.

Be respectful.

Work hard, listen, learn.

Guidelines for Success:

Dress for class.

Proper attitude.

Motivate each other.

Focus on technique, NOT weight.

Weight Room Rules:

Along with posted rules in the weight room each student should make sure they are doing the following;

-Always dress for class

-Respect all equipment

-Wipe down your equipment (sweat)

-Rack weights

-Follow instructions of all substitute instructors

Grading:

Everyone receives an "A" to start class. It is yours to lose.

Students can lose points if they do not participate in class or for misbehavior.

If a student receives a "0", it will drop their grade a full letter grade.

Class Schedule and Activities:

Lift: T, W, Tr

Plyo, Speed, Agility Skill development

Challenge Weeks

Arrival and Dismissal:

- Do not waste time in the locker room and hallways.
- Must be in line when attendance is taken or you will be marked tardy. After 10 minutes you will be marked absent.
- You will have 10 minutes to shower and change at the end of class.
- Stay in the gym after class till the bell rings.

Weight Room Expectations:

Get better	Stay off mirrors
Work hard	Focus

Miscellaneous:

H2O/Bathroom	Locker rooms
Nutrition	Sleep
Groups	Headphones
Chalk	Music
Covid	?s