

## Blue Devils Weight Training Mr. Osborn

At Sault High we use the Bigger, Faster, Stronger philosophy in developing our students and athletes. It is based on developing power, speed, and agility. It is self motivating, record breaking, and specific to each student.

### **Classroom Expectations:**

- Be prepared for class
- Be respectful
- Be motivated
- Record workouts

### **Guidelines for Success:**

To be successful in this class, each student should come each day with the proper attitude and excitement. This is a class that can start building your foundation for better health and athletic goals. Working hard and staying on task for the duration of class will ensure that you will have an amazing experience.

### **Classroom Rules:**

- Dress appropriately for class...you are here to be active. Must have a change of clothes and the proper footwear.
- Respect the equipment.
- Wipe off excessive sweat.
- Any inappropriate behavior should be reported to me or the person in charge.
- Be gentlemen and ladies.
- Phones will not be allowed on your person.

### **Weight Training Activities and Schedule:**

- Lift: M, T, W, Tr
- Plyo, speed work, agility
- Schedule will be adjusted during short weeks.

We will also participate in "Challenge Weeks" and "Pump-n-Run".

### **Arrival and Dismissal:**

Do not waste time in the locker room or hallways. Please change as quickly as possible.

If you are not in line or in the room when attendance is taken you will be marked tardy. After 10 minutes you will be absent. Students will be given 10 minutes to shower and change at the end of class. After class you must stay in the gym.

**Grading:**

Each student starts with an “A” or 450 points. It is yours to lose. Each “non participation” results in a full letter grade drop. You will receive 1 point per day for participation. Not dressed, but participating will drop your grade 25 pts. Dressing for class and proper behavior is a must.

You will be tested for max gains about 4 times throughout the year. Work hard and you should have no problem with your maxes going up. Exceptions for illness and times of athletic season will be considered.

**Excuses:**

Excuses for non participation must be written by doctors and team trainers. Letters from parents will be discussed. Special situations will be addressed on an individual basis.

Please inform me of any injuries.

**Dress:**

When we are not in the weight room students are expected to dress appropriately. There will be days we go outside. Pay attention to the weather forecast. In the weight room, students must wear tennis shoes and they must be tied. An appropriate t-shirt and/or sweatshirt may be worn. No rings or metal bracelets.

**Safety:**

Proper technique	Always use a spotter
Weight belts	Collars
Read body	Good decisions
Rack weights	Respect
Injuries or worse	Sweat and spills

**Weight Room Expectations:**

Become better

Be ready and on time

Do not abuse equipment

Dropping weights

Record lifts

Talking

Mirrors

**Miscellaneous:**

Cell Phones/air pods during class

Water bottles

Nutrition

Chalk

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Backpacks

Locker room/Behavior

Lockers and locks

Covid