

WEIGHTLIFTING 2025-26



REQUIREMENTS:

1. TO GET **FULL CREDIT**, YOU MUST CHANGE CLOTHES AND BE ON TIME FOR CLASS—5 MINUTES FROM THE TIME THE BELLS RINGS— You will do whatever warm up is on the board.... Need to get muscles ready to work and stretching is important.
2. **Designing a personal weightlifting plan and keeping track of it every single day in your notebook.** Machines, free weight, weight lifted, reps, and sets. We will be doing different items... reaction training, speed training, plyometrics
3. Research on nutrition while weight training... What are the best foods to eat for the muscle build or tone
4. There will be a workout on the track also if you would like to try that to... circuit type training.
5. IF YOU MISS A CLASS, YOU WILL NEED TO MAKE UP OR RESULTS IN A ZERO FOR THAT DAY. MAKE UP IN A REASONABLE TIME FRAME.
6. **SAFETY IS A MUST FOR THIS CURRICULUM-- WORK WITH PARTNER AT ALL TIMES AND SPOTTING TECHNIQUES**
7. WILL WORK IN WEIGHTROOM FOR ENTIRE CLASS... HAVE YOUR PROGRAM LAST THAT LONG— INCLUDE SOME CARDIO ALSO.

THINGS NOT ALLOWED: Cell phones and ear buds in weight room (WE WILL ALL HAVE SAME MUSIC PLAYING) NO OPEN TOED SHOES--- BOOTS, INAPPROPRIATE LANGUAGE, POOR ATTITUDE---- HATS. **Phones will be put in box at beginning of class...** if caught with phone, Mrs. Donlon will come pick it up.

GRADING: YOU WILL RECEIVE A GRADE BASED ON PREPARATION FOR CLASS, ATTITUDE, DESIGN AND COMPLETION DAILY IN PERSONAL PLAN, ABILITY TO FOLLOW RULES, PARTICIPATION –5 POINT SCALE EACH DAY



