



STRENGTH TRAINING AND CONDITIONING CRITERIA

Welcome to Desert Vista's strength training and conditioning program. It is my hope that through your training you will achieve those goals that you seek. As your coach it is my job to help you achieve those goals, whether for aesthetics or athletic performance. Understand you will be pushed and expected to train, this is not a social hour where you can get caught up on the day from a friend or gossip. I expect you to have high standards for yourself and a sense of pride in your training (I know your athletic coaches do). Those that choose to put in the extra work and pay attention to details will rise to the top, it's a difficult path, but if it were easy everyone would be a champion at their chose sport. Put your time in and watch the results! In order to make this work there are a few guidelines put in place to follow.

GUIDELINES:

1. **The weight-room and fitness room are training facilities and should be treated as such.**
 - a. This means no eating or drinking (water is fine) inside these rooms.
 - b. Do not throw garbage on the floors.
 - c. If you use something put it back where it belongs. This includes straightening the mats out that moved.
 - d. Weights need to be re-racked at all times.
 - e. No horseplay (chasing each-other, wrestling, boxing, pushing, etc...)
 - f. No cursing or vulgar music or it will be taken from you and parents that require you to do so.
 - g. NO throwing balls around unless I have given you an exercise that requires you to do so.
 - h. You will remain in room unless you are getting water or I have given you permission to do so.
 - i. Treat all equipment with respect. (We have a limited budget.).
 - j. Stay out of the office unless you are invited to be there.
 - k. Ask to borrow equipment that is in the office.
2. **Time for arrival and dismissal:**
 - a. You must be in the locker room before the late bell rings or you will be late.
 - b. You will have five minutes to change out and be ready to train after the later bell rings.
 - c. You will be dismissed 5 minutes prior to the bell ringing to change you cannot leave the PE building once you have changed.
 - d. If you are showering you will be given an additional 7 minutes to shower. You will be dismissed 12 prior to the bell. Please wait until I let you go.
 - e. PLEASE DO NOT BE LATE...TAKE YOUR TRAINING SERIOUSLY!!!
3. **Clothing:**
 - a. Must have Desert Vista weight training uniform (can be purchased in the bookstore).
 - b. Must have DV weight training short sleeve or sleeveless. Absolutely NO MODIFICATIONS.
 - c. Name on clothing required.
 - d. No open toe shoes or boots. Must have athletic shoes.
 - e. Leave jewelry off or tuck in.
 - f. IF YOU ARE NOT IN THE PROPER ATTIRE YOU WILL BE MARKED DOWN AND GIVEN AN ALTERNATIVE ASSIGNMENT. YOU WILL NOT BE PERMITTED TO TRAIN THAT DAY
 - g. **After 6 non-dresses for the quarter, the student will fail the marking period.**
 - h. NO IPODS or CELL PHONES
4. **Illness or Injury**
 - a. If you are ill you will be given an alternative assignment. You will not permitted to merely sit around or do other school work.
 - b. If you are injured we will discuss training with the trainer or your doctor and determine rehab movements that will aide in your recovery.

5. **Attendance:**

- a. Physical Education is a participation class. Daily attendance is required. Students are allowed two excused absences per quarter without penalty. After two excused absences per quarter, the students are required to make up the absence. If a student reaches 6 absences in a quarter, it will result in an F for the quarter grade. **Make-up:** Students are allowed to make-up absences ½ hour of physical training for each day absent. The workout must be signed off by the supervising person. **More than 11 absences in a class will result in loss of credit, failure for semester** (school policy).

6. **Game Day:**

- a. **On game-days or meet days you will incorporate a prescribed core workouts or flexibility movements. In some cases very light multi-joint movements will be incorporated to loosen you up. This will be dependent on certain factors. See teacher for prescribed workout.**

HOW WILL THE CLASS LOOK (Advanced Weight Training Sophomore Level & Up; Weight Training 1-2 and 3-4):

- Your workout will depend on what sport you play or if you play one at all. It will be specific to the sport, or to your individual needs if you do not participate in athletics.
- If you do compete in a sport the next factor is are you in season or out. If you are in season the volume of work will be less, but intensity will remain the same except on game days.
- Resistance training will range anywhere from three to four days depending on the above factor.
- On the off day if resistance a core training routine will be put into effect for you to follow, along with game days.
- There will be a pre-workout every day before you start lifting thus it is key to get in on time.

FROSH ADVANCED WEIGHT TRAINING (FRESHMAN ONLY)

- **This year long course is designed to meet the needs of the highly skilled athlete.**
- The course is designed to train the athlete five days a week with three of the five days training on the Olympic lifts. The other two days of training include a variety of training elements such as core, agility, speed, med-ball, physio-ball and kettle bell workouts.
- **It is essential that the students dresses out and train each day at the highest level possible to gain the most benefit from this course.**
- **If a student is unable to train at all times and at a level two or higher on the grading rubric, the parents will be notified by the instructor and the student will be moved to a freshman PE 1-2 class.**
- This class is a privilege to be a part of. Use your class time wisely and appropriately.

List of Desert Vista sports participated during 2009-2010:

- 1. _____
- 2. _____
- 3. _____

