**Weight Lifting** 

**Ms. Gnat**

**Weight Room Expectations**

* Be Safe
* Respect yourself, others, the teacher and the equipment
* Ask for help if you don’t know how to do something
* Know your limits & don’t be afraid to adjust
* Give full effort every day and push yourself to get better
* Utilize a spotter when needed
* Utilize weight belts when needed
* Focus on making every rep count
* Understand that everyone has different abilities when it comes to weight lifting
* Be dressed out and ready to go every day. Even on competition days.
* Make sure to clean equipment after use and keep the weight room neat. Put weights back in their correct spots.
* Cell phones are not permitted in the weight room or gym during activity. If you are caught in the weight room or gym with your phone you will lose ALL points for the day & your phone will be confiscated. NO EXCEPTIONS.

**Weight Lifting Grading System**

* You will be awarded 10 points per day / 50 points per week
	+ 3 points -- Attitude, effort, focus
	+ 3 points -- Participation / Completing all lifts/workouts
	+ 1 points -- Proper Dress
	+ 3 points -- Respect for classmates, equipment and teachers

**Goals**

* Have a better understanding of the weight room & lifting procedures
* Improve overall strength throughout the semester
* Safely utilize all equipment & avoid injuries
* Positively motivate each other to fulfill a higher physical standard
* Set & work towards individual goals within the weight room and gym
* Improve muscular strength, muscular endurance, cardiorespiratory endurance, and flexibility.

**Proper Dress**

* In order to be safe, comfortable and successful in the weight room, you must have the proper attire.

 OKAY NOT OKAY

* T shirts - Open toe shoes
* Tennis shoes - Jeans
* Sport shorts - Dress clothes
* Sweat pants - Jewelry

Cut offs

Boots

**Just So You Know..**

\*\*\* You should be ready to begin the dynamic warm up 3-5min after the bell rings for class\*\*\*

\*\*\*We will complete a dynamic warm up before each lifting session\*\*\*

\*\*\*The dynamic warmup and stretching before each workout or lift is mandatory. If you don’t give full effort during those times you will lose points\*\*\*

\*\*\* Overall we will try for 3 lifting days, 1 workout day and 1 game day weekly \*\*\*

\*\*\*There will still be class activities/workouts/light lifts on days where some or the majority of the class have competitions\*\*\*

\*\*\* Alterations to lifting plans can be made depending on my discretion and also depending on athletic events.\*\*\*

\*\*\* If you miss a day of class you will not receive any points unless it was a school related absence. Any other absences will require you to make up the points. Making up the workout/lift is NOT mandatory but if you want to earn your points you must make it up. When making up, you have three school days from the time of the absence to make it up\*\*\*

\*\*\*When making up a missed absence you will complete activities decided upon by me. These include but are not limited to a 15 minute run, running stairs, abb workouts, downbacks, stations, etc. \*\*\*

\*\*\* Forgetting your clothes and/or shoes is NOT a valid excuse and if I feel you can’t workout in what you’re wearing you will lose all points for that day. You will lose the points for dressing out regardless\*\*\*

\*\*\* There is a good chance that if you tell me you’ve forgotten your clothes for lifting / working out that I will provide you with clothes either from my collection or from the lost and found. The best option is to remember your clothes and shoes every day\*\*\*

\*\*\* You will be given two opportunities per semester to make up points you’ve missed from not being able to lift/workout due to not having the correct clothes. After you’ve used those two opportunities you will not have the chance to make up points from that day\*\*\*

\*\*\*When we are in the weight room or gym during class, I will play the music. If you can’t handle that then we just won’t have music at all\*\*\*

\*\*\*We will be maxing out at the beginning of the school year. Each student will be responsible for turning in a max out sheet that will be graded. We will max out a few other times throughout the year\*\*\*

\*\*\*A 60 second rest (at most) in between each set is really all you need. Excessive standing/sitting around will not be tolerated\*\*\*

\*\*\* Food and drink are prohibited in the gym and weight room during class. If you need a quick snack before class then you should eat it in the locker room and it should stay in the locker room\*\*\*

\*\*\* Keeping your gym locker and the locker room itself picked up is mandatory and important \*\*\*

\*\*\*The goal for each class is to get you into the locker room 5 minutes before the bell rings. If you aren’t showering that should be all the time you need to change. If more time is needed you must talk with me specifically\*\*\*

\*\*\*As we begin class and max outs, there is a large chance that you will be sore. This is at times inevitable, but the best way to combat soreness & also injuries is to make sure you are stretching & warming up\*\*\*

\*\*\* If you are assigned a detention because you are not following class rules, you are expected to be there regardless of after school obligations. Failing to show up for detention will result in a zero for the week \*\*\*

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| Things that will lose you points.. |
| * Phones in the weight room or gym during class time.
* Excessive time waiting in locker rooms before class.
* Skipping lifts or exercises
* Constant complaining & arguing about completing lifts/workouts
* Standing around during lifts or workouts
* Disrespecting or not using equipment safely
* Wearing inappropriate clothing
* Completing lifts that are not designated for that specific day
* Not bringing workout clothes just because you have a competition that day
* Not turning in or leaving blank spots on max out sheets
* Messing around and/or distracting others during class time
* Having food out during class time if not prearranged
* Using bad language at any time during class
* Not lifting the amount that is on your sheet
* Disrespecting me or others in the class
* Only giving partial effort on lifts or workouts
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\*\*\* I as the teacher of this class, reserve the right to change any of the rules, policies, and procedures listed above at any time and as I see necessary\*\*

I acknowledge that I have read the Winside Public Schools Weightlifting syllabus and will abide by all rules and procedures. (2023-2024)

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_