

Weight Training, Athletes Weights and Conditioning Syllabus 2017-2018



Instructors:

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Objective: The objective of Crook County High School Weight Training is to enhance physical strength, flexibility, agility, and overall physical fitness. Emphasis will be placed on muscular development and prevention of athletic injuries. Students will participate in a variety of weight training and fitness activities. Overall fitness and muscular strength will be tested at the beginning and end of each semester to document student growth and improvement.

Class Expectations:

Attendance: Students are expected to be in the locker room before the tardy bell rings and in their attendance position within five minutes of the tardy bell. Students will be marked tardy if they are not in their designated area when attendance is taken. Students will be given points daily for attendance/participation. An **excused** absence may be made up according to the guidelines on the PE Make-Up form. School related absences do not need to be made-up. All absences must be made up within **10** days of the initial absence. Failure to do so will result in loss points for those days. Students can make up the first 5 days in the semester **on their own when a pre-arrangement has been cleared** through the teacher. Any excused absences over 5 can be made up **with the teacher at school**. Extenuating circumstances needs to be arranged with the teacher. Unexcused absences cannot be made up. Students will be given time at the end of class to shower and redress, they are expected to remain in the locker room until the bell rings. Students who leave class early will be marked absent and given an office referral.

Dressing Down: Students will earn points each day for dressing down and participating. Failure to dress down or participate will result in a grade reduction. Students are required to dress down in PE attire each day. T-shirts, shorts, sweatshirts and sweatpants are the only acceptable clothing allowed. Athletic shoes must be worn at all times during Weight Training class. The CCHS PE department will provide “loaner” clothes, but individuals must make arrangements to borrow clothing **before** class begins. Clothing will not be distributed after the tardy bell rings. *If a student comes to class without dressing down he/she will be sent to in-school suspension (ISS) for the period and will NOT earn daily points. This is NOT an excused absence and cannot be made up.*

Locks and Lockers: Locks will be provided to each student and may be used to store personal clothing in small lockers during non-class times. Larger lockers are to be used during class time only. Students are expected to return locks at the end of each semester, not returning a lock will result in charge of \$10.00

Valuables: Students are advised that the locker rooms are not a safe place for valuables; please do not bring I-pods, MP3's, jewelry or large amounts of money to class. Locker rooms will be locked during class time and access limited, but the safety of valuables cannot be guaranteed.

Food or Drink: There is absolutely no food or drink allowed in the weight room, locker rooms, gyms or PE hallway at any time.

Cell Phones: Cell Phones are not allowed in the weight room at any time, phones must be kept in PE or hall lockers. Please find a safe place to store them, do not bring them to class.

Leaving Class: Students may not leave the weight room or locker room without permission from the teacher. They are not to be in the hallway during class time.

Grading:

Grades will be based on a daily point system and weight tests:

40% of grades will come from participation. 60% of grade will come from assessments.

The students in our classes will be evaluated daily in the criteria listed below: Students will receive 3pts per day for the following.

- **Dress Down and warm-up**
- **Completing core lifts**
- **Completing auxiliary lifts**

- **All points will be given to those students who participate to the best of their ability. Otherwise points will be deducted as listed above. Students involved in athletics are expected to dress down and lift on contest days. Teacher will give instructions for those circumstances.**

Class Procedures:

Student will be in locker room before the tardy bell rings.

Student will be in attendance position within 5 minutes of tardy bell.

Student will be dressed in PE attire.

Student will have athletic shoes on at all times.

Student will lock all clothing in lockers during class times.

Student will not store PE clothes in long lockers.

Student will not bring cell phones or valuables to class.

Student will stay in locker room until the end of class.

Student will be respectful of others and their property at all times.

Student will treat the equipment and weight room with respect at all times.

Student will be expected to help clean up the weight room or risk losing daily points.

For further resources and a more in depth outline please refer to the electronic version on our district website www.crookcounty.k12.or.us.

Athlete Weights and Conditioning Syllabus

Student Name: _____ Period: _____

Parent/Guardian Contact Information:

Name(s): _____

E-mail: _____

Home Phone: _____ Work Phone: _____

I prefer to be contacted by: Home Phone Work Phone E-mail

I have read the Weight lifting syllabus and understand all of the information provided. I also understand that I can check my child's grade anytime through the districts school master program. If there are any questions or concerns please feel free to email.

Parent/Guardian Signature
