



SPRING LAKE PARK HIGH SCHOOL

Weight Room Rules 2011-2012 Season

Philosophy: Our Panther weight room philosophy is to help each student athlete develop to his or her full potential. We want to help them gain confidence as well as strength, speed and flexibility. We will provide a safe environment while teaching correct technique for each student athlete.

Membership: Students with a strong desire to better themselves through hard work; they must be willing to follow all weight-room rules and regulations. All MSHSL and ISD 16 rules and regulations apply. MSHSL and ISD 16 rules on chemical violations will be enforced. A student breaking rules will be dismissed for three weeks on the first violation.

Standard Policies and Procedures

1. Attendance, warm up and stretch will be done prior to lifting.
2. Always use good judgement when lifting and spotting.
3. Your instructor will dismiss the class when all equipment is put away and the room is in order.
4. The office is off-limits to students.
5. Weights or equipment are not allowed on the carpet.
6. All weights are to be placed on the weight trees.
7. Equipment is to stay in its specific workout area.
8. Food, drink, candy, seeds, etc. are NOT permitted in this facility. Neatness and respect are of great importance. Take ownership - this is YOUR room and let's keep it a first-class operation.
9. Collars are required on all cleans, deadlifts, and squats.
10. It is required that all lifters use spotters.
11. No hanging jewelry allowed while lifting.
12. Proper dress: athletic shorts or sweats, T-shirt or sweatshirt.

Student _____

Parent/Guardian _____