



## **STRENGTH TRAINING AND CONDITIONING CRITERIA**

Welcome to Desert Vista's strength training and conditioning program. It is our hope that through your training you will achieve those goals that you seek. As your coach it is our 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. Treat all equipment with respect. (We have a limited budget.).
    - No Dumbells on Benches. No Standing on Benches. No Jumping on Benches.
  - b. Bands, Barbells, Weights and Dumbells need to be re-racked at all times in proper places.
  - c. If you use something put it back where it belongs.
  - d. This means no eating or drinking (water is fine) inside these rooms. Do not throw garbage on the floors.
    - Water Bottles needs to be placed on floor against side wall.
  - e. No horseplay (chasing each-other, wrestling, boxing, pushing, etc...). No cursing or vulgar music to be played in weight room.
  - f. No hitting/touching heavy bags unless told to do. No swinging or touching chains.
  - g. Ac Lab is not social... It is to be quiet and academic focused. No videos or napping.
  - h. NO throwing exercise balls around unless I have given you an exercise that requires you to do so.
  - i. You will remain in room unless you are getting water or I have given you permission to do so.
  - j. Stay out of the office unless you are invited to be there or need equipment.
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 5-7 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 minutes prior to the bell. Please wait until we 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. 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 7 non-dresses for the quarter, the student may fail the marking period.
  - h. **NO IPODS, NO CELL PHONES OR HEADPHONES.**
  - i. Non-Dresses will be assigned room maintenance, cleaning and other duties as directed.
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. **Make-up:** Students are allowed to make-up absences 45 minute of physical training for each day absent A score 8/10 will be given for made-up work. The workout must be signed off by the supervising person. **More than 12 absences in a class may result in loss of credit, failure for semester** (school policy).
6. **Game Day:**
  - a. **On game-days or meet days we will incorporate prescribed workouts. This will be dependent on certain factors. See teacher for prescribed workout.**



## DAILY INTENSITY GRADE

### **10 POINTS-Classroom Performance**

- \* PERFORMS AT A HIGH LEVEL FOR THE DURATION OF THE PERIOD FOLLOWING THE PRESCRIBED ORDER MOVEMENTS.
- \* TRAINING LEVEL IS AN INTENSE EFFORT THROUGHOUT THE WORKOUT USING THE APPROPRIATE AND CHALLENGING LOAD FOR EACH MOVEMENT.
- \* NO TALKING WITH THINGS UNRELATED TO YOUR WORKOUT.
- \* 100% TOTAL FOCUS FROM BEGINNING TO END. THIS FOCUS INCLUDES SPOTTING AND INVESTMENT IN PARTNER.
- \* YOU ARE PUSHING YOURSELF AND YOUR PARTNER
- \* YOU GO FROM ONE SET TO THE NEXT WITH ONLY A LONG ENOUGH BREAK FOR YOUR PARTNER TO GO OR CATCH YOUR BREATH (30 SECONDS TO 1 MINUTE)
- \* THE WEIGHT YOU ARE USING IS THE PROPER % YOUR WORKOUT DICTATES ALONG WITH THE REPS AND SETS IT ASKS FOR.

### **7 POINT**

- \*PERFORMS AT A MODERATE LEVEL OF INTENSITY FOR THE MAJORITY OF THE PERIOD AND FOLLOWS PRESCRIBED WORKOUT.
- \* TRAINING LEVEL IS AVERAGE FOR A MAJORITY OF THE WORKOUT.
- \* CONVERSATION ABOUT NON-RELATED TRAINING TAKES UP A MODERATE PART OF THE CLASS.
- \* THERE IS INCONSISTENCY IN PARTNER ENGAGEMENT AND SPOTTING.
- \* INAPPROPRIATE BREAKS IN WORKOUT AFFECT LEVELS OF INTENSITY.\
- \* INCONISTANT WITH PROPER % THE WORKOUT PROGRAM DICTATES.
- \* FOLLOWS THE WORKOUT BUT PERFORMS AT AN AVERAGE INTENSITY
- \* YOU INCREASE YOUR WEIGHT ONLY WHEN YOU FEEL LIKE IT OR ARE TOLD TO AND NOT WHEN YOUR SUPPOSE TO
- \* YOU PERFORM YOUR WORKOUT BUT THERE IS MODERATE CONVERSATION GOING ON.

### **5 POINTS**

- \* PERFORMS AT A BELOW AVERAGE FOR THE MAJORITY OF THE PERIOD.
- \* FOLLOWS THE WORKOUT BUT PERFORMS AT HALF INTENSITY.
- \* INCREASES WEIGHT ONLY WHEN INSTRUCTOR IS WATCHING OR HAS ASKED ATHLETE TO INCREASE WEIGHT AND NOT WHEN THEY ARE SUPPOSED TO.
- \* ATHLETE TO INCREASE WORKOUT BUT THER IS LARGE AMOUNT CONVERSATION GOING ON.
- \* ATHLETE SKIPS MOVEMENTS AND CHOOSES MOVEMENT THEY ONLY WANT TO DO.

### **0 POINTS**

- \* YOU HAVE CHOSEN NOT TO DRESS OUT
- \*YOU HAVE BECOME A DISTRUPTION TO THE OTHER STUDENTS

### **Classroom Behavior**

- \* ATTENDANCE – if you are absent you will not receive points for that particular day. However if you choose to make up the points you can perform 45 minutes of an approved physical workout to gain 8/10 out of the 10 points back. Simply communicate with the teacher that you would like this option.
- \*LATENESS – if you are late (unexcused) it will be handled with a short physical activity to compensate for your lateness. If lateness continues beyond two times a quarter, then another **option** for the teacher will be to deduct points from your daily grade or to write a referral.
- \* PREPARATION –Non-Dresses will be assigned room maintenance, cleaning and other duties as directed.
- \* If you are ill or injured you will still be expected to dress out and an alternative assignment/workout **may** be given.