

# ***York Catholic High School***

## **Strength & Conditioning**

### **Junior High Athlete Contract for Use of Weight Room**

This contract is designed to ensure the junior high athletes do not misuse the privileges to use the weight lifting facilities at York Catholic High School. There have been problems previously with younger student-athletes not adhering to the rules and regulations of the weight room. These rules have been adopted to maximize the safety and efficacy of each athlete who chooses to work out at York Catholic High School. The weight room is not a play area and weight training should be taken seriously. Catastrophic injuries can happen when appropriate use of the equipment is not followed. For this reason, junior high athletes are NOT PERMITTED to use free weights when working out (i.e., dumbbells, barbells, etc.). They must only use the guided motion machines and are NOT ALLOWED to use the treadmills, stairmaster, or stationary bikes. It is mandatory that each athlete uses the workout protocol provided by our certified athletic trainer. This weight lifting protocol is designed to introduce young athletes to weight training, while they focus on proper technique and good work ethic. Once they have proven they can handle that aspect of training, they will be slowly introduced to free weight exercises.

The following is a description of our facilities:

The York Catholic weight room is a 2,800 square foot facility that features over 10,000 lbs. of free weights, 2,000 lbs. of dumbbells, (3) power lifting platforms, and top of the line Hammer Strength, Body Masters, and York Barbell equipment.

Its cardiovascular equipment features (2) TechnoGym Recumbent stationary bikes, (1) TechnoGym upright stationary bike, (1) TechnoGym "Wave," and (2) Star Trac treadmills. The weight room is also equipped with numerous speed, agility, and plyometric equipment (including TRX suspension trainers, medicine balls, jump boxes, resistance bands, agility ladders, hurdles, etc.).

The YCHS strength and conditioning program is designed to allow student-athletes the ability to train in a safe and effective manner to gain the power and explosiveness they need for their desired sport. Programs are designed for specific sports and abilities. The weight room is available for use by current students and staff. Hours of operation vary since students are only permitted in the weight room when a coach is present. Guidelines for using the weight room are posted on the YC website and in the weight room.

The YCHS weight room has undergone a complete overhaul in the past few years. The goal of the renovation was to create one of the top high school strength training facilities in the county. Through generous donations, a grant from the Bob Hoffman Foundation, and our students' hard work at the 2008 YC Lift-a-Thon, that goal has been achieved.

# Weight Room Guidelines

- Students are not permitted in the weight room without a coach or weight room supervisor present.
- **NO** horseplay at any time.
- Optimize your time – **NO LOITERING**. The weight room is not for social gatherings!
- Food, soda, or gum is **NOT** permitted in the weight room. Water only!
- Cell phones may **NOT** be used in the weight room.
- Do not bring personal equipment, bags, extra clothing, etc. into the weight room. All personal items must be stored in the locker room.
- All users must follow the following dress code policy:
  - Wear workout clothes – closed toe/heel shoes, t-shirts, shorts, sweats, etc.
  - No open toe shoes, sandals, jeans, hats, are permitted when working out.
  - Shirts must be worn at all times and must reach the waistline of shorts.
  - Shirts must also have an acceptable modest neckline.
  - No midriff exposure is permitted and no side-slit shirts are permitted.
  - Pants will be at waist level with no undergarments visible.
  - Writing on shirts will be appropriate with no alcohol advertisement or double meaning.
  - No writing on the seat of any garment is permitted.
- Do not enter the weight room with mud or sand on your shoes. No cleats permitted.
- Be sure to file your folder after your workout and return pens and timers to the filing cabinet.
- Always use correct lifting technique and never lift more weight than you can safely handle.
- Share equipment – If others are waiting to “work in,” allow them in between your rest periods. Also, if someone allows you to “work in,” be respectful of them and complete your exercises at a reasonable pace.
- Safety collars must be used on Olympic bars at all times. Please use a spotter when necessary.
- Remove the weights from the bars and return all equipment to its proper place when you are finished at a station. Do not put heavy weights on top of smaller weights.
- Wipe down your exercise equipment after use and wipe the sweat from the pads with a towel and cleaner when you finish at a station.
- There is a 20-minute maximum time limit on all cardio equipment during busy times. Please be courteous to others who are using the facility.
- Take care of the equipment and report damages or misuse to the supervisor.
- Weights may not be removed from the weight room.
- Be courteous and treat all people with respect.
- The supervisor controls the stereo and only pre-approved music is permitted.
- Everyone needs a lifting/workout program. See the weight room supervisor, strength training instructor, or a coach for assistance.

## STUDENT AGREEMENT

STUDENT ACKNOWLEDGES RECEIPT OF A FULLY COMPLETED COPY OF THIS AGREEMENT EXECUTED BOTH BY YCHS AND THE STUDENT-ATHLETE AND ACKNOWLEDGES THE AGREEMENT TERMS.

Signed by Student: \_\_\_\_\_

Date: \_\_\_\_\_

York Catholic High School Representative: \_\_\_\_\_

Date: \_\_\_\_\_

## PARENTAL/GUARDIAN CONSENT

The undersigned persons are the parents or guardians of the student in this agreement and make this agreement for the purpose of enabling the student to use the York Catholic Weight Room. The undersigned persons consent to the student using the York Catholic training facilities and are aware of the risks involved in such use.

Signed by Parent/Guardian: \_\_\_\_\_

Relationship to Student:  Father  Mother  Guardian  Other \_\_\_\_\_  
(state relationship)

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signed by Parent/Guardian: \_\_\_\_\_

Relationship to Student:  Father  Mother  Guardian  Other \_\_\_\_\_  
(state relationship)

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_