

FITNESS PROGRAM MANUAL 2017-2018

FRESHMEN

PROGRAM DESCRIPTION
AND
REQUIREMENTS



MARQUETTE
UNIVERSITY
HIGH SCHOOL

For Faith, Scholarship and Community

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Fitness Program
2017-2018

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USE THIS MANUAL AS A GUIDE THROUGHOUT THE SCHOOL YEAR.

CHECK YOUR SCHOOL EMAIL REGULARLY. THIS WILL BE THE MAIN FORM OF COMMUNICATION FOR REQUIREMENTS AND UPDATES.

IT IS YOUR RESPONSIBILITY TO KNOW WHAT IS EXPECTED AND TO COMPLETE YOUR REQUIREMENT. ASK QUESTIONS IF YOU DO NOT UNDERSTAND. NOT KNOWING THE REQUIREMENT OR HOW MANY MINUTES YOU HAVE COMPLETED IS AN UNACCEPTABLE REASON FOR INCOMPLETES.

Introduction and Overview

The MUHS Fitness Program will address health, fitness, and wellness issues that can sometimes be neglected without health or physical education curriculum. The goal of the Fitness Program is to provide a program that will address this area and be flexible to minimize any added stress to your already busy schedule. It is based off the "new" PE focusing on lifetime activities that would provide long term benefits to health and well-being. Adolescents that begin to develop healthy habits at an early age have been shown to continue them throughout life. Students that participate in fitness activities and make healthy diet choices have been shown to decrease their risk for disease later in life, have more energy, deal with stress more effectively, and perform better academically. Consistent participation and 100% effort in the MUHS Fitness Program will provide these benefits.

This is a great opportunity for you to improve your current fitness level and overall health while receiving proper guidance and support throughout the process. In this manual you will find further information on the fitness program, use of the fitness center, and other health and wellness information. Please look over these attachments and become familiar with what is asked of you. The requirements were designed to be effective for achieving results and at the same time to minimize any additional stress upon your schedule. You will be expected to fulfill the requirements; however, there is some flexibility in how and when they can be completed. If you have any questions or concerns, always feel free to contact Coach Duehring anytime.

Throughout the school year you will receive regular emails regarding your involvement in the fitness program. This is how you will be made aware of upcoming activities, individual requirements being completed (or not completed), progress made, additional opportunities, etc.

The effectiveness of the fitness program and any exercise program is dependent on effort and consistency. For this reason, we ask that you complete the requirements and put 100% effort into the program. If you do this, you will reach your goals and develop healthy habits that will benefit you throughout life.

Successful completion of the fitness program is a requirement for graduation. Incompletes will affect good standing at MUHS and need to be completed according to the schedule and guidelines established by the academic office.

We look forward to working with you over the next four years at Marquette University High School.

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Goals of the Fitness Program

Why a Fitness Program at MUHS?

There is no question that physical activity and a healthy diet go a long way in providing optimal health and preventing disease throughout one's life. Research shows that youth (and adults) are not active enough and are not receiving proper nutrition. With continually mounting statistics and evidence showing the disastrous effects of such lifestyles, it is of paramount importance to prevent these problems before needing to treat the consequences, appearing as health problems and disease later in life. The goal of Marquette's Fitness Program was developed to address these concerns and to provide a form of health and wellness at MUHS. It is the

Increased activity and health education are a necessity for the health and well-being of every student. As a school we have the ideal opportunity to teach a large number of students how to be healthy and give them the opportunity to begin healthy habits. As a unique and essential part of the total education program, fitness and health education can significantly enhance all aspects of development including health, physical fitness, academic performance, goal setting, self-esteem, stress management, and social skills. It has been clearly demonstrated through numerous research studies that daily exercise, from early childhood throughout life, is a primary factor in maintaining health and improving quality of life. It is during childhood and adolescence that individuals begin to acquire and establish patterns of health related behavior.

It is the goal of the Fitness Program to:

- Increase physical fitness of students
- Increase familiarity and comfort using a fitness center and the equipment
- Encourage habits of life-long fitness
- Encourage freshmen to get to know each other outside of their classes

Benefits of Participating in the Fitness Program

- Promotion of healthy habits and commitment to improving physical health
- Provide the students a healthy outlet for dealing with stress
- Educate students on health and wellness concepts including fitness, nutrition, prevention of disease, and stress management
- Improved activity levels and physical fitness
- Improved academic performance
- Development of a well rounded student that is healthy in mind, body, and spirit
- Development of competence and enjoyment in physical activity

Opportunities for Students Involved in the Fitness Program

- Orientations on how to use the Noack Strength & Fitness Center safely and effectively
- Assess, self evaluate, and address current fitness level
- Use of the fitness center during study halls and other designated times
- Work with a fitness professional to improve physical fitness and wellness
- Receive guidance and encouragement in developing and performing an individualized fitness program

Important Dates

- September 4th: **Orientation.** Students will go through the fitness program manual, have the opportunity to ask questions, and tour the fitness center.
- September 11th: **Fall fitness session begins.** Students assigned to the fall fitness session are expected to begin completing their activity requirements. Any student not participating in Hilltopper football, soccer, volleyball, or cross country has a fall requirement.
- November 6th: **Winter fitness session begins.** Students assigned to the winter fitness session are expected to begin completing their activity requirements. Any student not participating in Hilltopper basketball, skiing, swimming, or hockey has a winter requirement. A meeting for students involved in the winter session will take place this week to answer questions.
- March 5th: **Spring fitness session begins.** Students assigned to the spring fitness session are expected to begin completing their activity requirements. Any student not participating in Hilltopper track & field, tennis, or golf has a spring requirement. Tennis and golf will have a requirement until the sport season begins. Students playing Hilltopper baseball will have a requirement until the start of practice (May 15th). A meeting for students involved in the spring session will take place this week to answer questions.

Orientation Sessions

During the week of September 4th, all freshmen will receive an orientation to the Fitness Program and Noack Strength & Fitness Center. This will provide the students the opportunity to see where the fitness center and locker rooms are located. The fitness program, requirements, and processes involved with using the fitness center will be covered. It is also an opportunity for students to ask individual questions regarding the fitness program and use of the fitness center. If you should miss either session, it is your responsibility to obtain any information handed out and to see Coach Duehring with any questions you might have.

Areas covered during session:

- Overview of Fitness Program
- Requirements of Fitness Program
- How to complete the requirements
- Review of Fitness Program Manual
- Fitness Center Rules and Regulations
- Question and answer

Fitness Program Schedule

All freshmen are required to complete a weekly fitness requirement in the Noack Strength & Fitness Center at MUHS. All fitness requirements must be completed during the week assigned. Weekly requirement may not be postponed to future weeks. Additional minutes cannot be carried over.

Schedule:

- Students will be assigned to the fitness center once a week during their study hall. This will account for 45 minutes of their weekly requirement. This assignment to the fitness center will begin September 4th.
- Before the mid-quarter reporting date (mid-Sept.):
Students will only be required to complete the 45 minutes during their assigned period. Students may complete more if they wish.
- After the mid-quarter reporting date (mid-Sept.):
Students will be required to complete the full weekly requirement. Students will report to the fitness center during their assigned period and will complete the remaining minutes during a study hall, lunch, or after school. Students must complete their remaining minutes on a day other than their assigned day in the fitness center. Additional minutes may not be completed during the school day on Tuesday or Wednesday.

Requirements and Expectations of Students

Students that are not currently involved in a Marquette University High School Athletic Program will have a fitness requirement for that session. The weekly requirement for each week can be found on the "Required Hours and Tracking Sheet". You will be expected to complete the requirement each week and put forth good effort. Effort and consistency are two major factors that will determine whether an exercise program will be effective. You are also encouraged to make a strong effort to eat a well-balanced and nutritious diet.

Activity Requirement

Cardiovascular Workouts – Total of 90 minutes per week when student is not currently participating in a sport. Adjustments will be made for shortened weeks, quarter exams, and final exams. Refer to the "Required Hours and Tracking Sheet" located in this manual and the school website.

- ☑ Sessions must take place over a minimum of 2 sessions on separate days. One session will take place during your assigned study hall.
- ☑ Each session must be a minimum of 20 minutes.
- ☑ Time will be rounded down to the closest 5 minute mark.
- ☑ Students must be working in the appropriate heart rate zone and minimum levels posted for time to count. (50-85% of Heart Rate Reserve (approximately 123-184 bpm))

Strength Workouts – freshmen that consistently complete their requirement and show good effort may be given the opportunity to perform strength training as part of their requirement. Strength training programs will be assigned by the fitness center staff and must be completed during the school day.

Educational Assignments

Throughout each session there may be educational assignments as an alternative to performing activity minutes. Minutes will be awarded for successful completion of the assignment. Students must follow the given directions, complete the assignment and turn it in on time to receive credit towards their weekly requirement. Examples are projects including surveys, dietary analysis, BMI, blood pressure labs, health/fitness related articles, etc. These assignments may also be given to students with injuries that prevent them from performing any physical activity.

Activity requirements will depend on your sports participation. If you are not currently out for a sport you will be expected to perform 90 minutes of cardiovascular activity or group sessions per week. You may choose to work out more often or follow a structured strength training program in addition to your cardiovascular workouts. You are encouraged to do so. Athletes are encouraged to perform a sport specific in-season strength program with their team. Fitness requirements may be completed any time that the fitness center is open. This may include before school, lunch time, free periods, study hall, or after school.

Consequences

Fulfillment of the Fitness Program is a requirement for graduation and participation in athletics. There will be consequences for students that do not fulfill these requirements each week. An incomplete weekly requirement and failure to follow up with Coach Duehring will result in a Saturday JUG each time. Continued noncompliance will result in further disciplinary action. Accommodations will be made for students with illness, injury, or academic related issues.

Modifications to Weekly Requirement

Modifications will be made to the weekly requirement on an overall and individual basis. Modifications for all students will be based on the academic schedule. Any individual modifications made will be determined by Coach Duehring. Students are expected to discuss their situation immediately if any modification is to be made. Make sure to communicate immediately any absence or situation that would prevent you from completing the full requirement. Situations that qualify for modifications may include the following:

Academic Calendar

Modifications will be made for all students based on the academic calendar. Shortened weeks will have reduced minutes. In the event of a school closure there will be a reduction of required minutes. The week of quarter exams there will be no requirement. The week prior to and during the week of final exams there will be no requirement.

Excused Absence

Students that miss school due to an excused absence will have their weekly requirement modified if communicated to the fitness center staff during the week in which the absence took place. If the student does not contact the fitness center staff during the week in question, it will be treated as an incomplete.

Academics

The Assistant Principal for Academics will decide when the fitness requirement will be removed due to academic reasons and when students resume participation.

Injuries

Students with injuries that affect their full participation in the fitness program will have a modified requirement. Students with lower extremity injury will be placed on an upper body workout. Modifications will be made to work around the injury and in many cases can include rehabilitation for the injury when completed at MUHS. Students that are unable to perform any activity will need a note from their physician stating all activities that are contraindicated and the expected date of return to participation. Notes must be specific and state that no walking, stationary biking, upper body strength training, etc. is permitted. An injury itself does not necessarily qualify for full exemption. Students that are unable to participate in physical activity of any type will be given educational assignments to complete in place of physical activity.

Driver's Education

Students involved in driver's education at MUHS may have a reduced requirement while taking the course. Coach Duehring must be informed of participation in Driver's Ed prior to any modification and the student must have fulfilled their requirement in its entirety up to that point.

In-Season Sports Exemption

MUHS Sports: Students who are in-season for a MUHS sport are exempt from the requirement during that season. The requirement returns when a student is out-of-season or a student stops participating in the sport.

Club Sports: A student who is involved in a club sport outside of MUHS may be exempt for the session in which that sport takes place provided it meets minimum requirements:

- Sport must be aerobic in nature
- Sport must meet at least 3 times a week for a minimum of 75 minutes each day (*continued on next page*)

- Verification of participation is provided to the school
- The student passes a fitness test at MUHS

If any of the above requirements are not met, a student is required to complete the fitness requirement at MUHS. Testing only takes place within the first week of each session and students must re-test each session. All fitness tests are administrated by the staff of the Noack Strength & Fitness Center during the students assigned period. Students must make arrangements with the Noack Strength & Fitness Center Staff.

Daily Process

Below is the process that should be followed when completing the physical activity requirement. When working out during the school day, you must report to the fitness center dressed and ready to workout within 5 minutes of the bell. Students reporting late will be marked tardy. Freshmen may have the option of participating in the either the cardio option or a group session to fulfill their requirement. Students will often receive additional minutes for participating in a group session. After reporting to the Fitness Center there are five steps that need to be followed.

Individual Cardio Option:

1. Check in with the Fitness Center supervisor.
2. Check out a heart rate monitor (only if necessary).
3. Workout on cardio equipment at an intensity of 50-85% or Heart Rate Reserve (approximately 123-184 beats per minute) or at minimum levels posted.
4. Disinfect and return heart rate monitor (if used).
5. Check out with the Fitness Center supervisor.

Group Option:

1. Confirm that there is a group session taking place.
2. Check in with the instructor leading the group session.
3. Participate fully with 100% effort.
4. Check out with the instructor.

Fitness Center Availability:

Below are the hours that the fitness center is typically open for students to complete their fitness requirement on a regular school day. Posted hours are located on the fitness center doors, in the main office, and on the school website. Hours are subject to change, with morning hours (before 10:00 a.m.) set dependent on available supervision. Minutes may also be completed on non-school days during posted hours.

Monday	10:00 a.m.-5:30 p.m.
Tuesday	10:00 a.m.-5:30 p.m.
Wednesday	10:00 a.m.-5:30 p.m.
Thursday	10:00 a.m.-5:30 p.m.
Friday	10:00 a.m.-5:00 p.m.

Study Hall Option

Students in good academic standing have the option of using their study hall to complete their fitness requirement. Students must be in good academic standing and have the approval from the Assistant Principal for Academics. This opportunity to leave study hall is only for those students with a current fitness requirement. Study hall moderators will have a list of the students currently involved in the fitness program that have been given the OK to leave study hall. **If you make use of this option you need to report directly to the fitness center and remain there until you are released to change.** Attendance will be taken as you check in with the fitness center supervisor. Below are important rules that you need to know if you wish to workout during study hall. If you have questions make sure you ask Coach Duehring prior to using your study hall to workout.

1. You must check with your study hall moderator or Coach Duehring to confirm that you are approved to leave study hall.
2. When using study hall, you must report directly to the fitness center (do not go to study hall). You will have 5 minutes from the bell at the beginning of the period to arrive dressed and ready to workout. If you report later than 5 minutes from the bell, you will be marked tardy. Students arriving later in the period will be sent back to study hall.
3. When using study hall for your workouts, you must remain in the fitness center the entire period.
4. Once your fitness or program requirement has been completed for the week you must remain in study hall.

ON A FORWARD OR REVERSE REGULAR SCHEDULE, STUDENTS WILL RECEIVE 45 MINUTES FOR WORKING OUT DURING THEIR STUDY HALL OR FREE PERIOD. THEREFORE, A STUDENT CAN COMPLETE A FULL 90 MINUTE REQUIREMENT BY USING TWO STUDY HALLS EACH WEEK. EQUIPMENT IS ALWAYS AVAILABLE DURING THIS TIME. THERE IS NO GUARANTEE THAT EQUIPMENT WILL BE AVAILABLE AFTER SCHOOL WHICH WILL OFTEN RESULT IN WAITING IN LINE TO BEGIN WORKING OUT.

Usage of Summer Camp Minutes

Incoming freshmen were given the opportunity to earn minutes towards their requirement freshmen year by participating in specific camps over the summer. These camps provided students education and active participation in a variety of performance and fitness related activities. Participants earned minutes according to the specific camp and their attendance. Minutes were totaled and placed into a file for each student. Students may use these minutes towards their requirement throughout the school year. Below are some guidelines which must be followed in order to use these minutes earned over the summer.

- Students must email or notify Coach Duehring by 6:00 p.m. Thursday how many minutes they would like to apply towards the weekly requirement.
- Students must use a minimum of 30 minutes.
- If minutes remain and the student has an incomplete for the week, minutes will be used to fulfill the requirement. In addition, a 60 minute penalty will be given for not completing the requirement or notifying Coach Duehring. Example: There is a 90 minute requirement for the week and only 45 minutes have been completed by the end of Friday, 105 minutes will be subtracted from available minutes.

Blue & Gold Club

During the school year, students have the opportunity to join the Blue & Gold Club. Consistent attendance and 100% effort are required to be part of the Blue & Gold Club. Students must commit to a minimum of 3 days per week to remain in the club and have access to the fitness center during this time. Strength workouts are mandatory and run Monday, Wednesday, and Friday following school at an assigned time. Performance workouts are optional, but strongly encouraged and run Tuesday and Thursday from 3:25-4:45. All workouts are led by a coach. Participation in the Blue & Gold Club will count towards the freshmen fitness requirement and allows students to perform activities other than cardiovascular exercise. **Students must register by the deadline and attend during their scheduled time. For more information, students can stop by the fitness center and speak with Coach Duehring or Coach Kossow.**

Common Questions and Answers

Where should I change and keep my clothes?

During the fall sports season you may use the off-season locker room to change into workout clothes and shower following your workout. During the fall sports season there will not be lockers to place your belongings in. You may keep your bag in the hallway immediately in front of the Fitness Center entrance. Any valuables should be kept in your school locker. Following the fall sports season there will be an off season locker room. You may bring a lock and use any available locker during the time that you will be in the fitness center working out. Locks and personal belongings must be removed after you complete your workout. **Any students changing in the hallway will receive a JUG.**

When can I workout?

Students may complete their activity requirement anytime that the Fitness Center is open and supervised. Open hours are posted on the main door and on the MUHS website. This may include before school, during lunch, or after school. Freshmen in good academic standing will be allowed to workout during study hall. Students currently involved in the fitness program will have priority on cardio equipment following school from 3:00 to 4:00 p.m. **Students may not use their study hall or free period during the school day on Tuesday or Wednesday except for their assigned period.**

How long do my workouts need to be?

Students currently in the fitness program (those students currently not out for a sport) need to complete the required hours specified on the Required Hours and Tracking Sheet located in this manual. Ninety minutes are required when there is a full week of school. Each session must be a minimum of 20 minutes to count. Adjustments will be made for short weeks, quarter exams, and final exams.

Where can I find out about organized group sessions?

A variety of organized training sessions will take place during scheduled times throughout the school year. A weekly schedule will be posted on the bulletin board located in the fitness center. These sessions are led by coaches and will provide new and more specialized training. Sessions may include strength training, circuit training, speed & agility, plyometrics, anaerobic conditioning, etc. Athletes not currently out for a sport or students looking at incorporating something new into their training may find these sessions appealing.

Do I need to participate if I play a club sport or play on a team outside school?

All students not currently participating in an MUHS Sport must complete the fitness program requirement. There may be exemptions granted on an individual basis if the student meets with Coach Duehring and the criteria for club sports outlined in this manual is met. All criteria must be met within the established time frame for completion.

What happens if I am absent from school for an excused reason?

Any student with an excused absence must communicate with fitness center staff. Adjustments will be made to each student's requirement based on the number of days absent and any extenuating circumstances. For any adjustments to be made, students must inform the fitness center staff during the week of absence or immediately upon returning to school.

When is the best time to complete my requirement?

The fitness requirement may be completed during any posted hours. There are times when the fitness center is less crowded. Morning hours, during the school day, and after 4:30 are the best times to complete the requirement. Early in the week will be less crowded than at the end of the week. Try to avoid immediately after school and do not wait until the last day to complete all the minutes. Students will not be excused if they wait until the last minute to complete the requirement and are unable to get on a piece of equipment due to large crowds. Participation in group sessions is also a great option.

What happens if I do not complete my fitness requirement?

The Fitness Program is a requirement for graduation. Students that do not complete their weekly requirement will receive a SAT JUG for that week. Continued noncompliance will result in further disciplinary action.

How do I know what my minute totals are for the week?

It is the student's responsibility to track how many minutes they have completed for each week. The best way to do so is to record the minutes on the "Required Hours and Tracking Sheet" in this manual. Students will typically receive the following emails: Monday – reminder of the requirement for the week to all students. Wednesday – minutes currently completed for all students. Friday – email to students that have not yet completed the weekly requirement. Remember, it is the student's responsibility to know the requirement and keep track of their own minutes. Do not count on emails to remind you of completed minutes.

GROUP WORKOUT SESSIONS

September 5 - September 9

PERIOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1					
2					
3					
4	STRENGTH		STRENGTH		
5	STRENGTH				STRENGTH
6	PLYOMETRIC	AGILITY	CORE	COACH D	SPEED
7			CORE	FLEXIBILITY	
8		AGILITY		ANAEROBIC	
HR					
3:15-4:00		ANAEROBIC		SPEED	

September 12 - September 16

PERIOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1					
2					
3					
4	MED BALL		STRENGTH		STRENGTH
5	MED BALL		COACH D		
6	INTERVAL	SPEED	CORE		CORE
7			CORE	FLEXIBILITY	
8		PLYOMETRIC		ANAEROBIC	COACH W
HR					
3:15-4:00		SPEED		AGILITY	

This is just an example!

There will be a similar sheet located in the fitness center with possible training sessions that will count towards activity hours. These are opportunities to participate in and learn different training methods.

NOACK STRENGTH & FITNESS CENTER FACILITY RULES

GENERAL RULES:

- (1) No students are allowed in the fitness center outside posted hours. Students in the fitness center outside posted hours will lose their privilege to workout in the fitness center.
- (2) All Students must sign in upon entering the fitness center and sign out when you have completed your workout.
- (3) Fitness center users must have in hand and be following a MUHS Hilltopper workout to be in the fitness center. Replacement programs will cost \$3, programs left out will cost \$1. Take care of your program.
- (4) Proper clothing is required to enter the fitness center. Proper clothing is a t-shirt, shorts or sweats, and gym shoes. No school clothes.
- (5) No gym bags or backpacks in the fitness center or hallway. Keep them in your locker.
- (6) No water or food in the fitness center (this includes gum).
- (7) No Students are permitted in the office or desk area.
- (8) No student is allowed to touch the audio or visual components. This includes the computer and phone.
- (9) Show respect for equipment and facilities at all times. Spitting in and damaging or defacing the facility or equipment will not be tolerated.
- (10) Understand that supervisors have authority over all fitness center conduct and use of equipment and may expel an individual for failure to follow instructions.
- (11) Socializing will not be tolerated. Workout or get out.
- (12) Use of IPODS or any other form of headset are not allowed except when using the cardio equipment.
- (13) Swearing will not be tolerated within the fitness center.
- (14) Report any facility or program related injury to fitness center staff.
- (15) Report any facility irregularity to fitness center staff.

CARDIOVASCULAR EQUIPMENT:

- (1) Limit training on one machine to 20 minutes.
- (2) Wipe down all controls, seats, and railings of equipment when finished.
- (3) Misuse of cardio equipment will not be tolerated. This includes seeing how fast you can go on bikes, how high the treadmill goes, etc.
- (4) Decrease speed on treadmills to 1.5 mph prior to shutting them down.
- (5) Return treadmill magnets when finished.
- (6) Clean and return all heart rate monitors to their appropriate place.

NOACK STRENGTH & FITNESS CENTER

FACILITY RULES

STRENGTH TRAINING EQUIPMENT:

- (1) Spotters must be used for all mandatory spotting exercises. This includes any free weight exercise where the bar is over your body. Squats, Bench Press, Shoulder Press, Tricep Pressout, etc.
- (2) Weight collars must be used on barbells at all times.
- (3) Remove plates from bars and place them on the appropriate rack when you have finished your sets.
- (4) Return all dumbbells to the appropriate rack when you have finished using them.
- (5) Load and unload all barbells evenly to prevent any flipping of the bar.
- (6) Do not drop dumbbells.
- (7) No equipment may leave the fitness center without approval from the fitness center staff.
- (8) Allow others to work in when performing multiple sets.
- (9) People within the machine circuit have the right of way. People using the circuit equipment for multiple sets should allow circuit trainers to "work through".
- (10) The use of chalk is not permitted in any area of the fitness center except when preparing for a powerlifting competition.

OLYMPIC LIFTING AREAS:

- (1) Students that have not received proper instruction from Coach Duehring or Coach Wyss are not allowed to perform Olympic Style Lifts.
- (2) If Olympic Style Lifts are not in your program, do not attempt to perform them.
- (3) Only Coach Duehring or Coach Kossow may teach the Olympic Lifts, progressions, and variations. Students should not instruct each other.
- (4) Never attempt to save a missed attempt.
- (5) Do not attempt to spot an Olympic Style Lift.
- (6) The bar should always be lowered to the floor under control upon completion of a rep or set.
- (7) Keep Olympic lifting areas clear of all objects (DB's, plates, collars, etc.)
- (8) Use bumper plates whenever possible.
- (9) Always use collars.

NOACK STRENGTH & FITNESS CENTER

FACILITY RULES

CONSEQUENCES:

- **First Offense:** A verbal warning by a staff member, an explanation of the nature and importance of the rule that was broken, and a reminder of the disciplinary action that will result from a second offense.
- **Second Offense:** Dismissal from the facility for one day or appropriate alternative decided by Fitness Center Staff, and a reminder of the disciplinary action that will result from a third offense.
- **Third Offense:** Dismissal from the facility for one week or appropriate alternative decided by Fitness Center Staff, and a reminder of the disciplinary action that will result from a fourth offense. Must visit with Director of Performance & Fitness prior to fitness center privileges being reinstated.
- **Fourth Offense:** Dismissal from the facility for remainder of the year. Must meet with Director of Performance & Fitness and Athletic Director prior to use of Fitness Center the following year.

Appropriate Alternatives include: 10 or 20 minute PT session, Organization of fitness center during lunch, JUG, etc.

It is your responsibility to become familiar with the rules and regulations pertaining to the use of the Strength & Fitness Center. Not knowing the rule is not an excuse and will not be acceptable. Not following or ignoring any of the rules will result in the posted consequences. Make sure you have read them and understand them.