Students participating in Hilltopper Strength & Conditioning and specifically Blue & Gold Club, will need to sign up ahead of time for regularly scheduled workouts. This structured schedule is to improve safety, efficiency, and effectiveness. The end result being maximal physical development and ensuring that all students have access to and equal opportunity to utilize equipment and receive instruction. All students (athletes and non-athletes) that would like to use the Noack Strength & Fitness Center following the school day need to participate in one of the structured programs. Not necessary for completion of freshmen fitness requirement.

If you plan on being part of Blue & Gold Club, you need to complete the form below. Students will be assigned to a group based on their preference and in the order that forms are received. Return the completed form ASAP for the best chance to be placed in your preferred group. Spots are limited for each session. There will be minimal changes once assigned, but as students drop or choose to switch, changes may take place. Plan your schedule accordingly.

By signing up for Blue & Gold Club, you are telling the strength coaches, sport coaches, and teammates that you are committed to making your assigned workout consistently and working hard at every opportunity you have to improve your physical development and fitness levels. You will show up on time and be ready to go, be a leader, and follow coach’s instruction. Additional effort will be made outside training sessions to follow a healthy diet, recovery plan, and obtain eight hours of sleep each night. By doing so, you will have done everything possible to ensure reaching your performance and fitness goals. You should have pride knowing you committed to and worked hard to improve yourself. Leave nothing to chance and have no regrets. Go Hilltoppers!

If you have any questions, contact Coach Duehring or Coach Wyss ASAP!

WINTER REGISTRATION: OCTOBER 26TH – NOVEMBER 6TH
SPACE IS LIMITED. ACCEPTANCE WILL TAKE PLACE IN ORDER RECEIVED AND BASED ON SPECIFIC CRITERIA.

NAME: _________________________________ GRADE: ________
SPORTS: ________________________________

BRIEF DESCRIPTION AND REQUIREMENTS ARE ON THE BACK OF THIS FORM. RANK TOP FOUR CHOICES IN ORDER OF PREFERENCE. THERE IS A GOOD CHANCE YOU MAY NOT RECEIVE YOUR FIRST CHOICE. MAKE SURE YOU HAVE 2ND AND 3RD CHOICES. DO NOT RANK SESSIONS YOU ARE UNABLE TO ATTEND. PLACEMENT WILL BE MADE FIRST BY THE ORDER IN WHICH FORMS ARE RECEIVED IN ADDITION TO OTHER SPECIFIC CRITERIA. POWERLIFTING AND WEIGHTLIFTING CLUBS HAVE INCREASED REQUIREMENTS AND PARTICIPATION WILL BE DECIDED BASED ON SEVERAL FACTORS. MAKE SURE YOU ARE FAMILIAR WITH THE REQUIREMENTS BEFORE APPLYING FOR EITHER OF THESE CLUBS AND HAVE ALTERNATE CHOICES. SPOTS FOR GOLD WGT TEAM AND GOLD PL TEAM ARE LIMITED AND BASED ON SPECIFIC CRITERIA LISTED.

BLUE & GOLD CLUB TRACKS
☐ GROUP ‘A’ - 3:25-4:10 MON/WED/FRI
☐ GROUP ‘B’ – 4:15-5:00 MON/WED/FRI
☐ GROUP ‘C’ – DURING SCHOOL DAY

POWERLIFTING (WINTER)
☐ POWERLIFTING – GOLD TEAM
☐ POWERLIFTING – BLUE TEAM
SESSION DATES:
Fall Session – August 23rd to November 16th, Deadline - August 19th
Winter Session – November 16th to March 4th, Deadline – November 6th
Spring Session – March 7th May 27th, Deadline – February 16th

BRIEF PROGRAM DESCRIPTIONS:

OPEN LIFTING AND EXTRA LIFTING PERIODS
These periods are open to students that are not involved in one of the clubs below. Students involved in the clubs may use these periods as well to complete a missed session or perform extra lifts if desired. Times for these periods include 8:00 a.m. to 3:10 p.m. Monday-Friday and very limited times in the afternoon.

Requirements: Follow a Hilltopper strength workout. There is no minimum workout requirement.

BLUE & GOLD CLUB
The Blue & Gold Club is for students that want to maximize athletic performance or fitness. Workouts are structured and run by Hilltopper strength and conditioning staff. Strength workouts take place Monday/Wednesday/Friday with performance sessions taking place Tuesday and Thursday. Open to all students.

Fall and Spring Schedule:
Group 'A' will work out from 3:25-4:25 Monday, Wednesday, and Friday
Group 'C' will work out during the school day on their own time

Winter Schedule:
Group 'A' will work out from 3:25-4:10 Monday, Wednesday, and Friday
Group 'B' will work out from 4:15-5:00 Monday, Wednesday, and Friday
Group 'C' will work out during the school day on their own time

Requirements: Attend 3 assigned weight room workouts. Strongly encouraged to participate in performance sessions. Three strike policy with potential fourth strike when a missed workout is completed during open period.

WEIGHTLIFTING CLUB
The Weightlifting Club is for athletes and students that want to take their training up a notch. This training program will focus on learning and incorporating the Olympic Style lifts and their progressions to maximize athletic performance. Weightlifting Club takes place during the fall and spring session. $20 team fee required.

Requirements:
Gold Team – must work out 4 days per week. Trains after school on designated racks. Spots limited and based on specific criteria.
Blue Team – must workout out 3 days per week and train during open lift periods (days and times above). Unlimited spots.

POWERLIFTING CLUB
The Powerlifting club is for athletes and students that wish to take their training up a notch and have the opportunity to compete at regional meets. The goal is to maximize strength and improve athletic performance. Students that wish to compete may attend regional, state, and national competitions. Powerlifting Club takes place during the winter session. Team fee required: gold - $35, blue - $20.

Requirements:
Gold Team – must work out 4 days per week, attend 1 regional meet, and attend state meet (if qualified). May train after school or during school on designated racks. Spots limited and based on specific criteria.
Blue Team – must workout out 3 days per week and train during open lift periods (days and times listed above). No requirement to attend meets. Unlimited spots.

PERFORMANCE SESSIONS
These sessions or open to all athletes and students. Students do not need to enroll in Blue & Gold, Powerlifting, or Weightlifting to participate in performance sessions. These sessions are to supplement strength sessions, developing total athleticism and fitness levels. Athletes are strongly encouraged to participate.