

FITNESS PROGRAM HANDBOOK 2022-2023

PROGRAM DESCRIPTION AND REQUIREMENTS

Inclusive and guided journey in exploring individual growth through the Noack Strength & Fitness Center.



MARQUETTE
UNIVERSITY
HIGH SCHOOL

For Faith, Scholarship and Community

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Fitness Program

2022-2023

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Important Notes:

- ✓ **Use this handbook as a guide throughout the school year.**
- ✓ **Check your school email regularly. This will be the main form of communication for requirements and updates regarding fitness and S&C programs.**
- ✓ **It is your responsibility to know what is expected and to complete your requirement.**
- ✓ **COMMUNICATE – if you have questions, concerns, or any other issue, stop by the fitness center. We can not help you if you do not communicate or stop by and see us.**

Introduction and Overview

Dedicated to educating the whole person, the physical formation of our students is an integral part of Jesuit education. Additionally, Exercise and physical activity have been linked to increased academic performance and focus, managing stress, and the development of social skills. Therefore, we require freshmen to participate in the Freshman Fitness Program. The goals of the program at MUHS are to: increase physical fitness of students, increase familiarity and comfort using a fitness center and fitness equipment, encourage habits of life-long fitness and encourage freshmen to get to know each other outside of their classes. **The fitness program is a requirement for graduation, much like service and retreats.**

This handbook outlines the details of the program and is posted on the school website under the Noack Strength and Fitness Center. Students will attend an orientation to the program during the second week of school. Below are a few of the details regarding the program.

- All freshmen are required to participate.
- Students will have a weekly requirement to be completed through a variety of self-selected options which may include the Noack Strength and Fitness Center.
- Options available to fulfill this requirement are designed to meet the needs, interests, and schedules of the student.
- Students are responsible for meeting expectations, which include communication with and follow up with the Director of Performance & Fitness when necessary.
- Students will receive an S/U mark – Satisfactory or Unsatisfactory – at the end of each session. This will appear on the PowerSchool as well as on the student’s permanent transcript.
- Completion of the weekly requirement will be monitored by the Director of Performance & Fitness and failure to complete minutes will result in the student receiving JUG.
- The Director of Performance & Fitness will determine final approval for selection of individual option to be completed to fulfill the fitness requirement.
- The Assistant Principal for Academics will determine final approval for participation exemption for academic reasons.
- Students must complete the program to be eligible for graduation. Students who fail to complete the requirement during their freshman year will be required to make-up the requirement and incur a penalty.

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.

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 handbook, you will find additional information on the fitness program, use of the fitness center, and other health and wellness information. It is your responsibility to review this information and understand the expectations.

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.

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

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Important Dates

- September 13th: **Orientation.** Students will go the fitness program handbook, discuss opportunities available through the Noack Strength & Fitness Center, have the opportunity to ask questions, and tour the fitness center.
- September 16th: **Fitness Option Due - Fall.** If you are not on a current MUHS fall athletic roster or registered for a S&C option, you must turn in documentation for the fitness option that you plan to complete in the fall.
- September 19th: **Fall fitness session begins.** Students begin completing their activity requirements according to their chosen option.
- September 20th
November 1st: **Fall Testing.** Students must test on both these dates during study hall if they are completing the individual fitness or club sport option. Students without a study hall will be contacted with another date and time.
- November 7th: **Winter Fitness Session.** Only students that did not complete or satisfy their fall session will have a fitness requirement during the winter session. Students are still encouraged to participate in a fitness program on their own or through the fitness center.
- March 1st: **Fitness Option Due - Spring.** If you are not on a current MUHS spring athletic roster or registered for a S&C option, you must turn in documentation for the fitness option that you plan to complete in the spring.
- March 6th: **Spring fitness session begins.** Students begin completing their activity requirements according to their chosen option.
- March 7th
May 9th: **Spring Testing.** Students must test on both these dates during study hall if they are completing the individual fitness or club sport option. Students without a study hall will be contacted with another date and time.
- Sept 5th:
(2023) **Winter Fitness Session.** Only students that did not complete or satisfy their fall session will have a fitness requirement during the fall of the 2023-2024 school year.

Fitness Options and Criteria for Completion

Students are expected to fulfill the Freshmen Fitness Requirement by completing one of the following options according to the timeline on the previous page. You are expected to complete the requirement with honesty and good effort each week. 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.

MUHS Sport:

- Currently on an MUHS Roster and meeting all expectations of that team, including in-season lifting.

Fitness Program:

- Enrolled in fitness program and complete 45 minutes of fitness in the Noack Strength & Fitness Center each week. You may complete more than 45 minutes if you wish.
- Students will be assigned to the fitness center every Tuesday during their study hall. This is their assigned class on Tuesdays. Students without a study hall must schedule a time to work out on their own with fitness staff.

Hilltopper Strength & Conditioning:

- Enroll and participate in Hilltopper Sports Performance Academy or Blue & Gold Club.
- Students must meet requirements of the specific club in which they participate. Failure to meet these requirements results in an incomplete fitness requirement for that that week with the same consequences.

Club Sport:

- Participate in a club sport outside of school which meets a minimum of 3 days for 75 minutes each week for the entirety of the fitness session.
- Complete both testing sessions on the assigned dates.
- Provide a roster, coaches contact information, schedule, activity description, and parent signature.
- Failure to meet these requirements based on the timeline provided will result in placement in the fitness program for that session.

Individual Fitness Plan:

- Have established goals and a plan in place for exercising outside of school.
- Complete both testing sessions on assigned dates.
- Provide a description of your activity, SMART goals, and have signed by parent.

All students must attend orientations, check email, and communicate with Director of Performance & Fitness when necessary.

Failure to complete one of the above options will result in an incomplete fitness requirement and mandatory assignment to the full winter or fall session of 90 minutes each week

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 according to the option chosen. It is the expectation that students fulfill the requirement based on the expectations of the chosen option and associated timelines with that option. In addition, students are expected to follow up with Coach Duehring in the fitness center as directed. Failure to complete the requirement or follow up on emails will result in the consequences below along with all incomplete minutes being made up. Accommodations will be made for students with illness, injury, or academic related issues if communication occurs between the student and Coach Duehring prior to the incomplete.

1st incomplete – Warning and must complete missing minutes.

Additional incompletes – Sat JUG for each incomplete week and make up all missing minutes.

Incomplete session – ineligibility for future sport season, unsatisfactory mark on transcript, required to repeat the requirement, and may incur a penalty.

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:

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 or immediately upon return to school. If the student does not contact the fitness center staff during the week in question or upon return, it will be recorded 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. 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.

Daily Process for Fitness Program Option

The fitness program option will consist of a minimum 45-minute workout at MUHS each week. This workout will involve the cardio section of the fitness center each Tuesday during your study hall. Students that choose the fitness program option and have a regular study hall will be assigned to the fitness center every Tuesday. This will become your assigned class. You must attend or will be marked absent, no exceptions. Students that do not have a study hall or must remain in study hall, will schedule a time to complete 45 minutes. This may take place over multiple sessions during homeroom, free period, lunch, or after school.

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 work out within 3 minutes of the bell. Students reporting late will be marked tardy.

1. Report dressed and ready to work out within 3 minutes of the bell.
2. Check in at the fitness center desk.
3. Begin working out on cardio at the expected intensity level.
4. Maintain effort and intensity until released to leave.
5. Remain in the fitness center, locker room, athletic hallway until the bell rings.

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. Hours are subject to change based on the school schedule. Minutes may also be completed on non-school days during posted hours.

Monday	8:00 a.m.-4:15 p.m.
Tuesday	8:00 a.m.-4:15 p.m.
Wednesday	8:00 a.m.-4:15 p.m.
Thursday	8:00 a.m.-4:15 p.m.
Friday	8:00 a.m.-4:15 p.m.

Study Hall Option

Students in good academic standing have the option of using their study hall to complete their fitness requirement or S&C workout. 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 or involved in Hilltopper S&C. **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 to 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 3 minutes from the bell at the beginning of the period to arrive dressed and ready to workout. If you report later than 3 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 until released.
4. Once your fitness or program requirement has been completed for the week you must remain in study hall.

**ADVANTAGES OF WORKING OUT DURING THE SCHOOL DAY INCLUDE
GREATER ACCESS TO EQUIPMENT, INCREASED INSTRUCTION, AND MORE
EFFICIENT USE OF TIME.**

Hilltopper Strength & Conditioning

H.S.P.A, Blue & Gold, Powerlifting

During the school year, students have the opportunity to join several strength & conditioning clubs. Consistent attendance and 100% effort are required to be part of these clubs. All programs are designed and supervised by fitness center staff. Students must register by the deadline and attend during their scheduled time. Registration information is released at the approximate times: early August, late October, middle of February, and early May. Space is limited in these sessions. Turn forms in on time, be consistent throughout the year, and put forth good effort for the best chance to receive your preferred session. Below is a brief description of each strength and conditioning option. For more information, students can stop by the fitness center and speak with Coach Duehring or Coach Kossow.

BLUE & GOLD CLUB

The Blue & Gold Club is for students that want to participate in strength training for athletic performance or fitness. Workouts are structured and run by Hilltopper strength and conditioning staff.

Schedule:

Determined by the season with one group taking place in the afternoon and the other within the school day. Two required workouts each week with a third optional workout.

HILLTOPPER SPORTS PERFORMANCE ACADEMY

H.S.P.A. is for Hilltopper athletes that want to commit to maximizing their development and meet their full potential in competition. This program provides the best opportunity to develop as an athlete and work alongside teammates towards a common goal. H.S.P.A. is a year-round program including commitment to both in-season and off-season training. **Emphasis is on overall athleticism – athletes that are strong pound for pound, explosive, fast, agile, and mobile. This program is a benefit for athletes of all sports.** Consistency is the key to any program. Make the commitment to yourself and your teammates.

Schedule:

Determined by the season with groups taking place in the afternoon and within the school day. Three required workouts each week. Participation in Performance Training (speed, agility, explosive, mobility, etc.) encouraged.

Requirements:

\$20 Academy Fee per off-season
Annual commitment to required workouts (minimum of 3 days off-season, minimum of 2 days in-season)
Be on time, provide best effort, and strict adherence to program
Communicate with coaches
Be a leader by carrying out the mission of MUHS and conducting yourself in a positive manner

POWERLIFTING TEAM

Powerlifting is a club sport for athletes and students. **The goal is to maximize athleticism and performance in sport** while providing an opportunity to compete with teammates in local and state competitions. Training takes place throughout the school year with competitions taking place during the winter session.

Requirements:

Participation in H.S.P.A. (commitment to training throughout the year)
Compete at January and February meet, state meet if qualified

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 complete their requirement based on the option they have chosen. Any time that a student is in the fitness center, it must be supervised by fitness center staff. Open hours are posted on the fitness center door. This may include before school, during lunch, or after school. Freshmen in good academic standing will be allowed to work out during study hall following mid-quarter reports. Students currently involved in the fitness program will have priority on cardio equipment following school from 3:00 to 4:00 p.m.

How long do my workouts need to be for the fitness program?

Students that choose the fitness program option must complete a minimum of 45 minutes each school week. For those that are assigned to Tuesday study hall, this will complete the weekly 45-minute requirement. For students that must remain in study hall or that do not have a study hall, workouts can take place during posted hours. Each session must be a minimum of 20 minutes to count. These students must check in and check out with fitness center staff for minutes to count.

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. A schedule for making up these missing minutes will be determined.

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. During the school day is the best times to complete the requirement.

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.

NOACK STRENGTH & FITNESS CENTER FACILITY RULES

GENERAL RULES:

- (1) Students using the fitness center are expected to behave appropriately and follow all school and fitness center rules.
- (2) 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.
- (3) Fitness center users must be following a MUHS Hilltopper workout on Teambuildr when in the fitness center.
- (4) Proper clothing is required to enter the fitness center. Proper clothing is a sleeved 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) Cell phones are not allowed within the fitness center.
- (7) No water or food in the fitness center (this includes gum).
- (8) No Students are permitted in the office or desk area.
- (9) No student is allowed to touch the audio or visual components. This includes the computer and phone.
- (10) Show respect for equipment and facilities at all times.
- (11) Understand that supervisors have authority over all fitness center conduct and use of equipment and may expel an individual for failure to follow instructions.
- (12) Socializing will not be tolerated. Workout or get out.
- (13) Use of headphones or similar devices are not allowed except when using the cardio equipment.
- (14) Swearing will not be tolerated within the fitness center.
- (15) Report any facility or program related injury to fitness center staff.
- (16) 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.

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 and barbells 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) The use of chalk is only permitted the back for use when performing Olympic style lifts or deadlifts. Keep the area clean.
- (10) Individuals and groups should clean and organize according to procedures before leaving.

OLYMPIC LIFTING AREAS:

- (1) Students that have not received proper instruction from Coach Duehring or Coach Kossow 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. A JUG Sat JUG may accompany any of the above consequences for first-fourth offense depending on the rule violation.

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.