Weight Room Protocol

**Please review this contract carefully. Failure to follow Weight Room Protocol will induce your chances of injury and have you banned from using the Weight Room under the sport ‘Cheerleading’. Contract is not valid unless signed by the Athlete, Parent and Coach.**

1. Proper form during working out is very important. If you do not use proper form you will either not have an actual workout, or you will strain and cause injury. If you do not know how to use a certain machine please ask someone who has had training using the machinery (Example: Coach, Upperclassman, and Weight Room Attendant).
2. Instead of focusing on higher weights focus on good form and more repetition sets. Yes, it is impressive being able to lift higher weights but more repetitions works your muscles more since you are doing more sets.
3. While in the weight room there is **no** cellphone use. If you are on your cellphone during Weight Room hours you will be banned since this is considered practice time.
4. **No horse-play**.
5. Wear proper work-out attire (T-shirt, shorts/sweatpants, and sneakers)
6. Always work out in two, you will need this person as a ‘spotter’.
7. No gum chewing or food eating in the weight room. Please treat this like you would a practice.
8. Unload and Load free weights carefully and treat machines carefully.
9. Put away all weights after using them. If you brought it out, you put it back.
10. DO NOT use the equipment without supervision.
11. At least 10 minutes, or 3 laps around the school should be done to get your heart rate up before any lifting.

Note: Every week you will be expected to increase your repetitions by 15 until you get to 45. Once you get to 45 repetitions, you may move up in weight and begin again with 15. If you cannot lift more weight, you can increase your amount of repetitions.

Coach Signature & Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature & Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature & Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If you are banned from the Weight Room, you are expected to run and stretch until practice begins. Weight Room Attendant/Hall Attendant will be notified if banned. Ban will be lifted at the end of the season.**