Physical Education Department Requirements

Weight Training for Coach Wharton/Nelson

It is required that a student CHANGE clothes for participation in Weight Training class.

**The required dress is:**

**SHIRT:** T-shirt. No tank tops, Sleeveless shirts cannot be torn down the sides.

**SHORTS:** Shorts must be an appropriate length. Shorts must be worn at the waist. You will not sag in the weight room.

**SNEAKERS:** Sneakers are required. Shoes must be tied. **No flip flops** or **Boots**.

If you do not wear sneakers/tennis shoes you **walk for the duration of class**.

Warm**-**up pants or warm-up suits are permitted provided they meet the county dress code.

**Absolutely no Blue Jeans**.

**No jewelry/mainly necklaces.**

**No Valuables.**

# *GRADING:*

**Grading will be 0 or 5 points each day. Up to 25 points per week.**

**Dressing out and Participation/ Max out showing improvement**

You must be dressed out and participating EVERY day. Missing class **for any reason** (absence, etc.) will count as not dressed and be a **0** for the day.

You must be prepared to dress out EVERYDAY.

Each missed dressing out (absence or not dressed out) will be **0** points. (You must participate in ALL activities for the day). (Not wearing sneakers will count as not participating for the day). There will be 3 make-up days each 9 weeks. A student must be dressed out to participate in a make up day. The make up days will be held at the track. Make up days will be from 3:15-3:45 on the days announced. **If you come to class and refuse to work out or decide that you are not dressing out for the day, or do not bring your clothes, you will not be allowed to make up those days to receive your points at makeup day.** You should be prepared every day for class, and you will not be rewarded or given the chance to make up your points at makeup day if you choose to not work out on any given day. Only days out sick, missed days for being gone, or being in ISS will be allowed to make up on the given make up days.

**A note from a doctor does not excuse a student from dressing out. The activity will be modified as per the doctor’s recommendations. A note from a parent or guardian will be handled in the same manner.**

*Weight room Rules:*

1. NO FOOD OR DRINKS in the weight room. Leads to bugs and rats.(water only)
2. You will put all weight equipment back exactly where you got it from. That means rack all your weights and dumb bells where they belong.
3. Respect the weight room and the equipment we have.

All of the above will be punishable by either

1. 25 push ups (if profanity it is 25 per word depending on the word)
2. Cleaning the weight room/(floors, benches, any other equipment)
3. office referral

You will not be allowed to re-enter the locker rooms during class. Use the rest room BEFORE

you leave the locker room. You will not be allowed to leave class unless an emergency.

After you dress back in you WILL NOT be allowed to go in the GYM or PARKING LOT. You must stay in the hallway behind the green line or the locker rooms.

You must dress out in the locker rooms or the bathroom, **not in the gym or hallway.**

NO PERSONAL LISTENING DEVICES (IPod, NANO, etc). You will lose your IPods

NO CELL PHONES IN CLASS. If you are seen with a cell phone: the first time, it will be taken up until the end of class; the second time and thereafter, it will be turned in to the office.

You will lose your cell phones if you have them in the weight room. I **will not tolerate** you texting or worrying about your phone while lifting weights.

If you want, I can lock up your phones or IPods in my desk in the Coach’s office if you do not want to leave in with your other belongings.

Being late for weight training class will not be tolerated. We have roughly 1hr and 10 min after the time for dressing out and back in. If you continue to be late for weight training class and take my time and your classmate’s time, then I will get time back from you.