Weight Room Rules

1. Wear work out attire.
2. No headphone use allowed during team training.
3. No Gum or food.
4. No disrespectful language.
5. Re-organize the weight room after use.
6. Music subject to approval.
7. Training programs of varsity athletic teams implemented under the supervision of the strength and conditioning staff must be designed by a member of the strength and conditioning staff.
8. No cell phone use during team training sessions unless it is assisting with the session.
9. Only athletes and department personnel are allowed to use the varsity weight room.
10. Do not sit water bottles on anything upholstered (plyo boxes and benches).
11. If you are an athlete in a traditional or non-traditional season you are required to be on time and present at training sessions.
12. If you have to miss or reschedule a training session, please inform your strength coach via email as well as your team captains and coaches.
13. Always lift with a partner.
14. If the school is closed, we are closed unless in-season and/or arrangements have been made between strength coach and sport coach.