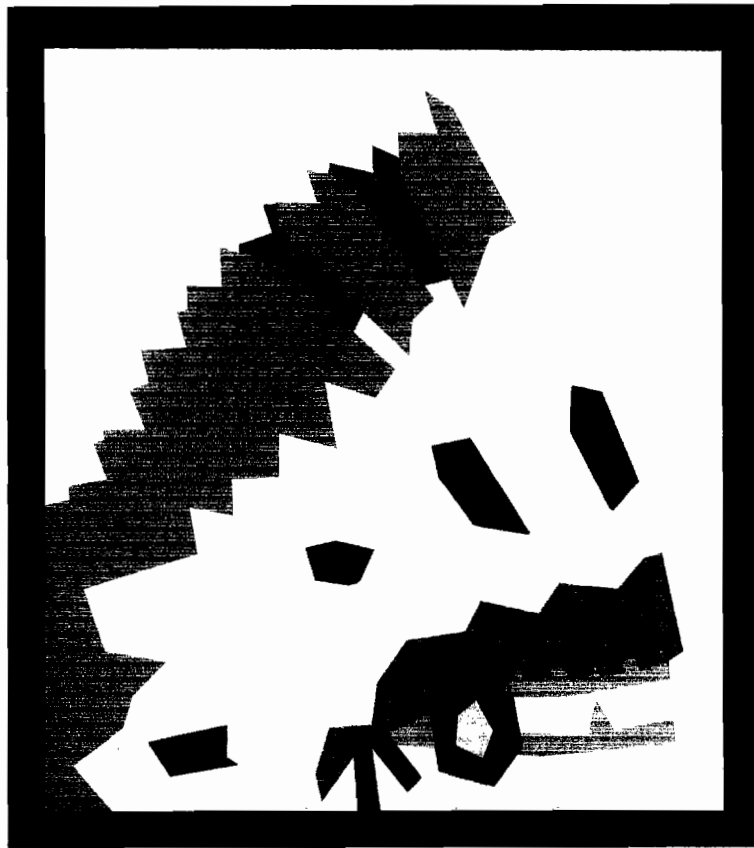


RIVERDALE HIGH SCHOOL

**WELLNESS, SPEED AND
STRENGTH HANDBOOK**



FALL & SPRING SCHEDULE

A COMMITMENT TO EXCELLENCE

Riverdale Wellness Classes

Daily Warm-up Routine

1. **Dressed and In Roll Call Spot (No more than 7min. after the late bell rings)**
2. 3 – 5 min. Warm-up Run
3. Dynamic Warm-up and Stretches
4. Activity/Lesson
5. Cool Down/Final Thoughts and Instruction

Riverdale High School
Life Time Wellness
Physical Education Department

Requirements for Class

1. Riverdale Wellness Uniform (\$15)
2. Swim suit—**NO BIKINI OR G-STRING ALLOWED**
3. Tennis Shoes (No SANDALS, BOOTS ETC)
4. Only sweats or warm-ups may be worn over wellness uniform
5. Combination or key lock
6. Towels, soap, deodorant, etc (please LIMIT excessive use of body spray)

Grading Procedures

Everyone will start each 6 weeks with 100 points

1st and 2nd 6 weeks-Grades composed of 80% daily grades and 20% tests

3rd 6 weeks-Grade composed of 50% daily grades and 50% term paper (you will receive a handout explaining the term paper requirements)

Point Reduction of Daily Grades

- | | |
|---|---|
| -5 for not dressing out in Wellness Uniform (including swim suit when swimming) | |
| -5 for not participating | -3 for unexcused absences (OSS and ISS) |
| -5 for wearing jeans with wellness top | -2 for incomplete uniform |

Rules and Regulations (This is in addition to all school rules which also apply.)

1. You must have a **medical note** if you are sick or injured to be excused for daily activities.
2. Only **2** parents' notes per 6 weeks will be accepted. Then you must have a medical note to be excused for activities.
3. You are expected to dress out and participate daily. If you do not, your parents will be contacted. You will also be required to exercise with the class and then walk or perform written work while others participate in the day's activities
4. You must use the restroom before leaving the locker room-you **WILL NOT** be allowed back into the locker room until you are dismissed from the class.
5. Whatever you wear to school is not considered gym attire.
6. You are to be in the locker room when the late bell rings or you will be given a pink slip or be asked to do push-ups.
7. Please let the teacher know if you have any medical conditions/problems.
8. **DO NOT LEAVE ANYTHING UNLOCKED AND DO NOT SHARE LOCKERS!**
9. Students arriving late to class will not be able to dress out unless you have an excuse note. Unexcused tardiness will cause you to lose points for the day.
10. After being dismissed to the locker room, you must stay in the locker room until you are dismissed by the teacher.
11. You can only come into the locker room during your class time. If you are caught at any other time, you will be written up.
12. You must be in your roll call spot with 7 minutes after the late bell. If not, you will be counted as tardy.
13. **NO FOOD, CANDY, OR GUM IN THE GYM!**
14. If you do not have insurance, we encourage you to take out school insurance.

15. When swimming, do not dive in water less than 6ft. and make sure you have shoes on when blow drying your hair.
16. All (males and females) shirts must be tucked in and all pants/shorts will be worn above the hips/waist. THIS RULE IS APPROVED BY ADMINISTRATION.
17. School rules apply along with the above rules for Wellness Classes.

RIVERDALE WELLNESS
YOUTH PARTICIPANT
PAR-Q
(Physical Activity Readiness Questionnaire)
PLEASE PRINT CLEARLY

NAME _____ GENDER: M F
ADDRESS _____
CITY _____ STATE: _____ ZIP: _____
PHONE# _____ ALT. PHONE# _____ DOB ____ / ____ / ____
EMERGENCY CONTACT _____ PHONE# _____

For most people physical activity should not pose any problem or hazard. This questionnaire has been designed to identify the small number for whom physical activity might be inappropriate, or for those who should have a more complete medical examination before undertaking physical exercise. Common sense is your best guide in answering these few questions. Please read them carefully and circle the appropriate **Yes** or **No** opposite the question.

- | | | |
|-----|----|--|
| YES | NO | 1. Has your doctor ever said you have heart trouble? |
| YES | NO | 2. Do you frequently have pains in your heart and/or chest? |
| YES | NO | 3. Do you often feel pain or have spells of severe dizziness? |
| YES | NO | 4. Has your doctor ever said your blood pressure was high? |
| YES | NO | 5. Are you on medication for high blood pressure? |
| YES | NO | 6. Has your doctor ever told you that you have a bone or joint problem that has been aggravated by exercise, or might be made worse through exercise? If YES, explain: _____ |
| YES | NO | 7. Do you have diabetes? |
| YES | NO | 8. Is there a good physical reason not mentioned above why you should not follow an activity program even if you wanted to? |



2009-2010 Academic Calendar

AUGUST 2009

Wednesday, August 5: In-Service day 1 (No school for students)

Thursday, August 6: In-Service day 2 (No school for students)

Friday, August 7: Teacher Work day (No school for students)

Monday, August 10: First day for students (abbreviated, two hours)

Tuesday, August 11: Teacher Work Day, (No school for students)

Wednesday, August 12: First full day for students

SEPTEMBER 2009

Monday, September 7: Labor Day (Schools Closed)

Wednesday, September 16: Early Dismissal: 3 hour, 15-minute day for students

Friday, September 25: End 1st six weeks

Tuesday, September 29: Parent Teacher Conferences, K – 8

OCTOBER 2009

Thursday, October 1: Parent Teacher Conferences, 9 – 12

Monday, October 5-Friday, October 9: Fall Break (Schools Closed)

Tuesday, October 13: 1st six weeks report card

Thursday, October 22: Early Dismissal: 3 hour, 15-minute day for students

NOVEMBER 2009

Friday, November 6: End 2nd six weeks

Tuesday, November 17: Early Dismissal: 3 hour, 15-minute day for students;
2nd six weeks report card

Wednesday, November 25-Friday, November 27: Thanksgiving Break (Schools Closed)

DECEMBER 2009

Friday, December 18: Abbreviated day for students and teachers (2 hours); end 3rd six weeks

Monday, December 21- Friday, January 1: Winter Break (Schools Closed)

JANUARY 2010

Monday, January 4: In-Service day 3 (No school for students)

Tuesday, January 5: Students Return from Winter Break

Tuesday, January 12: 3rd six weeks report card

Monday, January 18: MLK Holiday (Schools Closed)

FEBRUARY 2010

Monday, February 15: Presidents' Day (Schools Closed)

Friday, February 19: End 4th six weeks

Wednesday, February 24: Early Dismissal — 3 hour, 15-minute day for students

MARCH 2010

Tuesday, March 2: Parent Teacher Conferences, K – 8; 4th six weeks report card

Thursday, March 4: Parent Teacher Conferences, 9 – 12

APRIL 2010

Thursday, April 1: End 5th six weeks

Friday, April 2: Good Friday (Schools Closed)

Monday, April 12 – Friday, April 16: Spring Break (Schools Closed)

Tuesday, April 20: 5th six weeks report cards

MAY 2010

Thursday, May 27: Teacher Work Day (No School for students)

Friday, May 28: End 6th six weeks, Last day for students: two-hour day

TEACHING RESPONSIBILITIES

If you are not teaching during a unit, you will monitor the group needing the most help

Coach Hodges

Team Ball
Volleyball/Badminton
Aerobics
Line Dancing
Power Walking
Fitness Test

Coach Field

Football
Ultimate Frisbee
Pickle Ball
Jump Rope
Weight training
Fitness Training
Fitness Test
Extreme Bean Ball/Wall Ball

Coach Wild

Softball
Frisbee Golf
Swimming
Basketball
Soccer
Stretching/Flexibility
Fitness Test

Special Guests

Kick Boxing
Self Defense
P.T. Training
Rock Climbing
Health Fair
Taebo

Riverdale Wellness
Term Paper Requirements

Each semester students enrolled in the Physical Education portion of the Wellness curriculum are required to complete a term paper. The topic of the paper will be chosen by you, the student, and may be any one of the following: a sport, sports figure, or health related issue.

The following guidelines must be met to receive full credit on the paper:

1. Title page with (a) title of paper (b) class enrolled in (c) you name---**this is not a content page**
2. Table of contents---**this is not a content page**
3. 10 content pages (pictures/visual effects are accepted BUT ARE NOT counted as content pages)
4. Pages must be numbered
5. Must be typed/computer generated (**FONT SIZE MAXIMUM OF 14 WHICH IS WHAT YOU SEE**)
6. Must be double spaced with 1 inch margins
7. Must have a reference page with a minimum of 3 interviews, pamphlets and/or internet sources---**this is not a content page**. Refer to bottom of page *on how to list references*. Must be bound in a clear folder.
8. Your paper may not be returned to you
9. You will give a 2-3 minute presentation of your paper to your class on the due date on a note card.

References:

Authors last name, first name. (Year of publication). Title of book, magazine, or article.

On line reference:

www.drugs/cdc.com

This paper will be due on _____ and will count as 50% of your grade for the last six weeks. It will substitute for the six weeks test that you would normally take at the end of the six weeks. Due to the amount of notice given for the term paper, **NO LATE PAPERS WILL BE ACCEPTED FOR ANY REASON.**

GIRLS AND BOYS LOCKER ROOM/GYM ASSIGNMENTS

- Getting gym ready for the day – Coach Field (lights, fans, etc...) unlocking the locker room cage when first bell rings.
- There will be no hall duty assigned after class because all students are expected to stay in the gym locker room or seated in the gym. No students should be in the hallway.
- In order to help with the tardy problem. Coach Field will be assigned to the door (courtyard) area to catch students that are late to class. A pink slip will be given. Coach Field will be the locker room supervisor while in class. Coach Hodges will take care of the door (parking lot area).
- Coach Field will supervise locker room each period and lock up. Coach Wild will unlock and stay in the locker room until Coach Field arrives 1st – 3rd periods. Coach Hankins/Coach Wild will unlock and stay in football/basketball locker room until Coach Field arrives 1st – 3rd periods. Coach Wild will go in the gym for *gym duty* until bell rings: Coach Hodges and Coach Field will help with gym duty.
- All equipment needs to be put and set up by teachers using it at the end of each class period. Have students help put it away at the end of the day.
- All coaches will take a section of the gym to make sure it's unlocked and locked. All weight training students need to stay in the gym after class. (Please keep them from loitering in hallway and outside).

*****Coach Wild will supervise the Boys Locker Room*****

****Coach Hodges will supervise the Girls Locker Room****

*** Coach Hankins and Coach Field will supervise the Football Locker Room***

GYMNASIUM MAINTENANCE, SCHEDULING AND USAGE GUIDELINES

Individuals involved: Coach Hodges, Coach Burks, Ron Meers, Col. Boyd, Coach Adeyloft, Coach Field, Mr. James, Coach Hankins, Dept. Heads, and other Coaches/Groups

- At 3 pm each day a designated “in season” coach will lock entrances into main hallway of gym on both ends.
- Each group using the gym is encouraged to use their private entrance (band, chorus, ROTC, football, volleyball – use single door; track-see Coach Field) and avoid using the main gym doors as they will be locked to keep out unwanted students and potential for hallway damage. The above faculty member responsible for specific groups should instruct their students of these policies and enforce them for effectiveness.
- Athletes using the training room are not to wander into the gym during 6th period or immediately after 6th period because of distraction purposes. All students should be in their respective class with supervision the entire time. The training room is no exception.
- All individuals pre-scheduled to use the gym before and during school hours-- see Coach Field and all individuals pre-scheduled to use the gym after school-- see Coach Burks who has the right to turn off upstairs gym lights and ask anyone to leave not scheduled in the upstairs as the noise is a distraction to practices and events scheduled downstairs.
- Anyone who absolutely has to go through the gym (due to inclement weather) to get to the other side is instructed to use the upstairs seating area to go from one side to the other, this way they are not a distraction to people using the gym. There is an exit door where football players can enter into their locker room and track members can get to the training room.
- Each person listed above is responsible for their athletes/team members and the conduct their athlete or members display when they are asked to leave the gym by any coach or faculty member.
- No one is to be in the main downstairs gym during 6th period, as basketball teams will be conditioning on the main floor. People not scheduled in the upstairs gym are a distraction and must be scheduled on off-days or will be asked to leave. Immediately following 6th period, volleyball is setting up for practice and there should be no one in the gym. After, volleyball season is over; basketball begins during 6th period with conditioning and practice beginning immediately after school. The upstairs and downstairs gyms will be closed from 1:50pm-6pm during volleyball season (game exceptions/open gym etc.) and from 1:50pm-7pm during basketball season (game exceptions).
- The gyms & locker rooms will be closed Friday Nights at 4pm during the football season.
- If any faculty member is present at 3pm or after and unwanted people are in the gym hallway, you have a responsibility to ask them to leave.

- Scheduling of the gym must be done as soon as possible and it is important that any group does not wander in either the downstairs or upstairs gym because it will disrupt the people scheduled. We must respect individuals who have gone through the proper channels to reserve the gym.
- Open gym nights must be addressed for safety purposes and potential for damage. Cleanup, entrance into the gym, and supervision must also be addressed.
- Proper scheduling and respect for everyone involved will solve and prevent most potential problems.
- All after school scheduling should be submitted to Coach Burks.
- All school time scheduling should be submitted to Coach Field.

WELLNESS DEPARTMENT

COACH RESPONSIBILITIES

HODGES

1. Coach Field's Scheduling Semester Schedule (done before the semester starts)
2. Bulletin Board—Main Hall
3. Girls Locker Room (Dry erase board with information for the girls)
4. Inventory P.E. locker room, volleyball, and P.E. equipment room
5. Hallway monitor on Girls Locker Room side-unlock doors, unchain doors
6. Keep Girls P.E. hallways and locker rooms clean, lock up before and after class
7. Monitor gym and gym hallways before/after season (No one allowed in this area)
8. Be aware, intervene and make report of anyone vandalizing or stealing from vending machines

WILD

1. After school gym scheduling for outside group and school functions
2. Keeping swimming pool side hallways clean
3. Turn lights off after school
4. Monitor gym before and after class
5. Be sure athletes exit using outside doors, not the gym, if they leave early for lunch
6. Ensure that all Freshman students are taught the SEVEN strands

FIELD & HANKINS

1. Clean Boys P.E. locker room, shower, and bathroom
2. Lock up locker after class and practice (Football & Track)
3. Responsible for athletes when they are not lifting
4. Ensure that athletes exit using outside doors, not down the hall, if early for lunch
5. Monitor gym and gym hallways before/after season (No one allowed in this area)
6. Clean and maintain weight room
7. Ensure that all Freshman students are taught the SEVEN strands

WELLS & EADS

1. Keep up with text books
2. Syllabus for health classes (use the same)
3. Check with Coach Field for special events
4. Share ideas—Guest speakers, videos, etc
5. Teach all SEVEN strands

COL. BOYD & ROTC STAFF

1. Clean and maintain upstairs gym-take out trash, sweep and mop floor etc
2. Clean Girls P.E. hallways
3. Keep hallways clean by classroom; assign students to help clean and maintain
4. Ensure that students enter building from outside door of the room and remain in class, including aides (they are not to be hanging in the hall during classes)
5. Early morning crew is to be with you
6. Keep trash/books off drink machine area
7. Have all your kids report to main cafeteria unless they are with you



Term Paper Selections

_____ Period
(Print your name by the selection you choose)

Sports-Related

- Badminton _____
- Baseball _____
- Basketball _____
- Bicycling _____
- Boxing _____
- Dancing _____
- Football _____
- Frisbee _____
- Gymnastics _____
- Golf _____
- Hiking/Backpacking _____
- Hockey _____
- Martial Arts _____
- Racquetball _____
- Skating/Rollerblading _____
- Snow Skiing _____
- Soccer _____
- Softball _____
- Summer Olympics _____
- Swimming _____
- Tennis _____
- Track & Field _____
- Volleyball _____
- Water Skiing _____
- Weight Lifting _____
- Winter Olympics _____

Health-Related

- AIDS _____
- Alcoholism _____
- Caffeine _____
- Depression _____
- Diabetes _____
- Drugs _____
- Drugs & Sports _____
- Eating Disorders _____
- First Aid _____
- Health _____
- Inside the Brain _____
- Physical Fitness _____
- Sexual Abstinence _____
- Sexual Diseases _____
- Smoking _____
- Sport Injuries _____
- Stress & Relaxation _____
- Vitamins & Minerals _____
- Water Safety _____
- Weight Loss/Diet _____

Other Approved Topics

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past ... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ...

-Charles Swindoll

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 In-Service No school for students	6 In-Service No school for students	7 Teacher Work Day No school for students	8
9 Everyone Collects Uniform Fee	10 Abbre Day-2hrs Roll Call Distribute Handbooks Assign Uniform Sizes	11 Teacher Work Day No school for students	12 First Full Day For Students	13 Dress-out Fitness Notes Fitness Test Mile Walk	14 Dress-out Fitness Test Body Mass Index	15
16	17 Fitness Training Warm-up Work-out	18 Fitness Training Stadium Run	19 Fitness Training Pool Run	20 Fitness Training Mile Run	21 Fitness Training Instructor's Choice	22
23	24 Physical Fitness Test Mile Run	25 Physical Fitness Test Shuttle Run/Sit-ups	26 Physical Fitness Test V-Sit	27 Physical Fitness Test Pull-ups	28 One-Day FCA Dodge Ball Tourna- ment	29
30	31	(Reminder) FCA				

September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Alternate Boys and Girls		1	2	3	4	5
6 History of Swimming/Softball/Whiffle	7 No School Labor Day	8 Swimming Whiffle/Softball	9 Swimming Whiffle/Softball	10 Swimming Whiffle/Softball Softball	11 Swimming Whiffle/Softball	12
13 History of Football Ultimate Frisbee	14 Football Ultimate Frisbee Four to Score	15 Football Ultimate Frisbee Four to Score	16 Early Dismissal (3hr-15min) for students	17 Football Ultimate Frisbee Four to Score	18 Football Ultimate Frisbee Four to Score	19
20	21 Football Ultimate Frisbee Four to Score	22 Football Ultimate Frisbee Four to Score	23 Football Ultimate Frisbee Four to Score	24 Football Ultimate Frisbee Four to Score	25 Football Ultimate Frisbee Four to Score (1st Six Weeks Ends)	26
27 History of Pickle Ball Badminton	28 Pickle Ball Badminton	29 Pickle Ball Badminton (Parent Teacher Conf. K-8)	30 Pickle Ball Badminton			

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Pickle Ball Badminton (Parent Teacher Conf 9-12)	2 Pickle Ball Badminton	3
4	5 Fall Break	6 Fall Break	7 Fall Break	8 Fall Break	9 Fall Break	10
11	12 Pickle Ball Badminton	13 Pickle Ball Badminton	14 Pickle Ball Badminton	15 Pickle Ball Badminton	16 Pickle Ball Badminton	17
18 History of Volley- ball	19 Volleyball (co-ed)	20 Volleyball	21 Volleyball	22 Early Dismissal (3hr-15min for stu- dents)	23 Volleyball	24
25 Class Tournament	26 Volleyball (co-ed)	27 Volleyball	28 Volleyball	29 Volleyball	30 Volleyball	31

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Weight Training (proper technique & importance)</i>	3 <i>Weight Training Buff</i>	4 <i>Weight Training Buff</i>	5 <i>Weight Training Buff</i>	6 <i>Weight Training Buff</i>	7
8	9 <i>Weight Training Buff</i>	10 <i>Weight Training Buff</i>	11 <i>Weight Training Buff</i>	12 <i>Weight Training Buff</i>	13 <i>Weight Training Buff</i>	14
15	16 <i>History of Basketball</i>	17 <i>Early Dismissal Students (3-hr-15min)</i>	18 <i>Basketball</i>	19 <i>Basketball</i>	20 <i>Basketball</i>	21
22	23 <i>Basketball</i>	24 <i>Basketball</i>	25 <i>Thanksgiving Break</i>	26 <i>Thanksgiving Break</i>	27 <i>Thanksgiving Break</i>	28
29	30 <i>Basketball</i>			(<i>Six-Week Test</i>) (<i>Nov 6</i>)	(<i>Six-Week Test</i>) <i>2nd six weeks ends</i>)	

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	History of Dance	1 Line Dance Aerobic Dance Hip Hop Dance	2 Line Dance Aerobic Dance Hip Hop Dance	3 Line Dance Aerobic Dance Hip Hop Dance	4 Line Dance Aerobic Dance Hip Hop Dance	5
6	7 History of Team Ball Extreme Bean Ball	8 Team Ball Extreme Bean Ball	9 Team Ball Extreme Bean Ball	10 Team Ball Extreme Bean Ball	11 Team Ball Extreme Bean Ball	12
13	14 Term Papers Due "No Excuses"	15 Jump Rope for Heart (jump rope routine) MID-TERMS	16 MID-TERMS	17 MID-TERMS	18 Abbrev. Day 2hrs	19
20	21 Winter Break	22 Winter Break	23 Winter Break	24 Winter Break	25 CHRISTMAS DAY	26
27	28 Winter Break	29 Winter Break (ACTIVITIES)	30 Winter Break SUBJECT TO	31 Winter Break CHANGE)		

RIVERDALE HIGH SCHOOL
WELLNESS & WEIGHTS/PHYSICAL EDUCATION II
POLICIES • PROCEDURES • SYLLABUS

COURSE DESCRIPTION: This is a weight training class that includes *INTENSE WEIGHT LIFTING** at a high tempo that will increase in difficulty progressively throughout the year. This class may include power-training exercises, calisthenics, running for speed developing and conditioning, stations to develop quickness, and polymetrics. ***NOTE*** Due to the high level of intensity and vigorous exercises involved in this class, only students who are *SINCERELY INTERESTED* in the strength training and conditioning should enroll.

GOAL: The goal of this program is to give any student regardless of skill level the opportunity to reach his/her full potential and become bigger, faster, stronger, and quicker.

CLASS EXPECTATIONS: The entire class will dress out in proper attire every school day regardless of weather conditions and school events authorities. Students are expected to participate every day unless a physician's letterhead provides a written excuse. Written excused from parents will not be accepted.

DRESS CODE REQUIREMENTS: 1. Athletic shoes 2. Designated uniform \$15.00

GRADING: Each student begins each six weeks grading period with 100 points. The following infractions will result in the lowering of the physical education grade.

- Not dressed out in required clothing (-5 pts.)
- Failure to wear entire workout attire (-2 pts.)
- No participation (-5 pts)
- Late to roll call (-3 pts.)
- Unexcused absences (-3 pts)
- Negative attitude (-1 to -10 pts.)

The first six weeks will compromise 80% of your grade. Written tests or physical education test each six weeks will compromise 20%.

RULES AND REGULATIONS: (This is in addition to all school rules which also apply).

1. Medical notes will be honored from medical professionals if you are sick or injured.
2. Students are expected to dress out and participate daily. Failure to comply with this policy will result in disciplinary action or removal from the class. If not dressing out or participating, extra work will be required including walking for entire class period or written assignment provided by instructor.
3. You are not allowed back into the locker room without permission. **DO NOT LEAVE ANYTHING UNLOCKED.** Valuables that can not be locked in your locker, please give to your instructor. **DO NOT SHARE LOCKERS!!**
4. Please advise instructor of any medical condition that would cause you an altercation of any activities.
5. You are to be inside the locker room when the late bell rings. You must be in line in class at 5 minutes after the bell.
6. After class, get dressed, wait in the locker room or return to locker room or weight room.
7. **NO FOOD, GUM, OR DRINKS IN THE WEIGHT ROOM OR LOCKER ROOM.**
8. If you are dismissed from the team or quit, you are required to write a 10 page term paper on a subject chosen by the instructor.

COACH RICKEY FIELD: OFFICE 890-6450 EXT 23544
COACH JORDAN HANKINS: OFFICE 898-7836

WEIGHT ROOM RULES

1. No, food, drink or gum
2. No socializing. Talk should be limited and not affect the lifter
3. Do not sit on the weight machines
4. Always dress in proper workout clothes
5. Game day or a competition is not an excused absence
6. Never lift alone or without a coaches' supervision
7. Use only equipment and exercises that the coach has permitted and demonstrated
8. Do not leave equipment on the floor
9. Place all weights and bars on the racks and trees
10. Wear a full shirt (no tank tops)
11. Report all injuries or illness to the coach
12. No horseplay in the weight room
13. Report all broken or damaged equipment to a coach
14. Wear shoes at all times. Shoes must be tied securely for safety
15. Load bars evenly using the proper plates
16. No earrings or jewelry

Attitude

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skills. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice every day regarding the Attitude we will embrace for that day. We cannot change the inevitable. The only thing we can do is play on the one thing we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes.

TRUE LEADERS-

LOOK-OUT FOR

THEIR PEOPLE

BEFORE THEY

LOOK-OUT FOR

THEMSELVES