

North Mac Panther's Strength and Conditioning



Coach Smith's Weight Room Expectations: BE EXCELLENT!

General Weight Room Expectations:

- Enter the weight room mentally and physically ready to work
- Proper attire must be worn while strength training (uniform during Physical Education class)
- No "off-task" behavior whatsoever allowed in the weight room (horseplay, roughhousing, etc.)
- Return all weights and equipment to their proper storage areas after use
- Use common sense and avoid potentially dangerous situations

Technique:

- Never sacrifice technique for weight! Technique and quality repetitions are the priority
- Breathe in and out on each repetition
- Control the weight at all times. Refrain from bouncing, jerking, or arching your back
- Follow the prescribed weight and repetition assigned by your individual program
- Use a belt for any standing free-weight lift (squat, push jerk, hang clean, etc.)

Free Weights:

- Always use clips on Olympic bar lifts.
- Do not drop or throw weights on the floor
- Always use a spotter on core and overhead lifts
- Always use the fewest number of plates possible to make a target weight

Spotters:

- Spotters must always have their full attention on the lifter
- Never try to communicate with someone who is spotting a lifter
- Be in ready position to help or free the lifter at any time
- Stabilize the lift. Do not allow the bar to tilt while the lifter completes the exercise
- Help guide the bar on and off of the rack

Etiquette:

- No sitting allowed. We are here to work!
- Socializing should be done outside of the weight room. We are here to work!
- You are either completing an exercise, or spotting a lifter. No standing around. We are here to work!
- Bring the right attitude, effort, and energy. We are here to work!
- Help to create an environment that encourages optimal performance. BE EXCELLENT!