

Guidelines for the Weight Room

- If you DON'T attend the WEIGHT ROOM, you will NOT be allowed to practice. NO EXCEPTION
- No one is allowed in the Weight Room with sandals. Tennis shoes only. NO EXCEPTION
- Cleats must be brought out at the start of practice. NO EXCEPTIONS
- T-Shirts must be on at ALL times in the weight room. NO EXCEPTIONS
- EVERYONE must have green shorts and a white or green t-shirt. Mercedes Lewis Camp t-shirts are acceptable.
- No one leaves the weight room unless it's an emergency. Use the restroom in the weight room and we will provide the players with water. Athletes are more than welcome to bring their own water as well.
- Athletes who are late will have to perform 100 push-ups before they can join their group. This will vary during the year.
- Athletes who attend PAAL must arrive by 3:15pm.
- Athletes will be divided into two groups during our Weight Room / Agility sessions
 - Group 1 – Lineman & Linebackers
 - Group 2 – WR, DB, RB, QB, K, P
- Each platform will consist of Athletes who play the same position.
- No more than 5 Athletes to a platform.
- The same people remain in the same group unless someone is asked to leave their group by their teammates.
- If one or more persons are absent, the group is responsible for performing various activities during the gym session. These exercises will not take away from the athlete's performance; however, it will be clear that this is designed to hold each person in each group accountable.
- If an Athlete is late, the group will treat the tardiness as an absence until the person is done with their 100 push-ups.
- The ONLY acceptable excuses are when a player misses school entirely for medical, personal, or family related business. Any Athlete who attends class that day is expected to be in the weight room. NO EXCEPTIONS
- All injured players are to report to the weight room since Daveon has already told each player that they are to do their rehab with the Strength & Conditioning coaches. If a player needs to see Daveon, they need to make sure it is done BEFORE the weight room.
- Groups who do not take care of their brothers properly will be held accountable within the weight room. This includes but is not limited to:
 - Not spotting correctly
 - Not sounding off
 - Not performing our BASE exercises correctly (This excludes our power lifts, etc.)
- If a group has a member who is constantly missing the weight room, late to the weight room, doesn't spot correctly, doesn't sound off properly, or can't perform the exercises correctly, they can approach Gregg or Cory about having that person being removed from that group and placed in another group. If a person is asked to leave a group a second time, that person will have to meet with their parents or guardian, respective position coach, and head coach about their commitment to the Long Beach Poly Football Program.

I have read the guidelines above and understand the commitment being asked of me.

Athlete's Signature _____ Date _____

Parent/ Guardian Signature _____ Date _____