**BUNN HIGH SCHOOL**

**Spring 2017 WEIGHT TRAINING**

**COACH WEATHERSBY**

**Course:**

-All policies in the BHS Student Handbook will be followed at all times.

-Weight Room safety will be taught and used at all times.

-You get out what you put in.

**Grading Policy:**

-80%- Dressing Out, Participation, and Effort.

-20%- Skills Tests, Record Keeping, and Physical Tests

-There will be a daily grade given.

-You will dress out and participate on Game Day, but we will use common sense.

**Weight Training Requirements:**

-**Each student must dress out every day for Weight Training.**

-**Students may wear**:

 -Athletic Shorts that follow the dress code in the BHS Student Handbook

 -Athletic Sweatpants/Wind pants

 -Athletic Shirts that follow the dress code in the BHS Student Handbook

 -Athletic Shoes

**-Students may NOT wear:**

-Jeans or Jean shorts

-Spandex shirts or shorts

-Midriff shirts

-Tank tops

-Hard sole shoes (sandals, boots or slip on shoes)

-Jewelry (ears, nose, eyebrows, belly buttons)

**-Students may NOT have in their possession during Weight Training:**

-Electronic Devices/Telephones

-Purses

-Book Bags

-**Food/Drink/GUM**

 **-Weight Training Grading:**

-If a student does not dress out/participate it will result in period ASO and/or a ZERO for the day. If the student is absent for any period of time they will have the opportunity to make up those day(s) by writing a one page report on a health related article at home for each day missed for the maximum grade of 70. If the student does not write the report they will receive a 0 (zero)for their daily grade for any days missed. If a student has a doctor’s note stating they are unable to participate for a period of time, they will have to write a one page report in class for their make-up time.

**-Locker Room:**

-Locker rooms will be locked 10 minutes after the tardy bell. Make sure you are dressed, use the bathroom, and take care of all personal needs before coming to class. The locker rooms will not be unlocked during the class period. Remember to lock your locker, as we are not responsible for any lost or stolen items. You will be required to take your belongings home with you after every class period, as other classes will be using the same locker. DO NOT ASK FOR MY KEY TO GET INTO THE LOCKER ROOM!

**-Bathroom Policy:**

-Use restroom while you change clothes.

 **-Cell Phone Policy:**

-They will not be allowed. Period. End of Story.

 **-Tardy Policy**

-We will meet in the gym at the Tardy Bell for attendance. If you are not in the gym when the bell rings you are tardy. We will dress out after attendance is taken. You will only get 10 minutes on each end of the class period to get changed.

 -**Contact Information:**

 **-** Coach Weathersby – davidweathersby@fcschools.net or 919-496-3975

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child have any health concerns we need to know about?

Parent Contact Information: Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_