

# Montgomery County High School 2014-2015

## Classroom Management - Weight Training

Coach Jesse Cobb/Coach John Klekamp

### Rules:

1. Show respect at all times (teachers, students, visitors, equipment).
2. Demonstrate good sportsmanship at all times.
3. Inappropriate language and behavior (harassment, horseplay, bullying, intimidations, etc) will not be tolerated
4. Students are expected to keep the locker rooms clean and picked up. No glass containers in the locker room.
5. No cell phones, iPods, MP3 players, tablets, etc will be allowed in class. If any of these are being used, teacher will follow school procedures.

### Expectations:

1. Dress out daily (tennis shoes, sleeved shirt, sweat pants or athletic shorts, no compression shorts).
2. Participate daily with full effort and ability.
3. Be a productive member of class.

### Grading:

- Every student will have the opportunity to earn 5 points a day.
  - Students will get 2 points for dressing out appropriately.
  - Students will get 3 points for performing the daily workout. These points will be earned through participation, effort, and support of other classmates.
- Students will also be responsible for tracking their individual progress in both their lifting successes and athletic performance. This tracking form will be worth 5 points per week.
- Upon an **absence** or **doctor's excuse**, the student will be required to perform an alternative activity or assignment. Students can make up a missed day of activity with one of the following assignments:
  - Student will write a two-page paper on a topic related to fitness, sports, health, weight lifting, and/or physical education. (We will accept summaries until the last week of the quarter)
  - Students will log 30 minutes of activity on an approved phone app. This app must have prior approval from supervising coach and by doctor supervising the recovery.
  - Students will be able to complete workouts before school with a coach. The weight room will be open at 7:00 am Tuesdays-Thursdays.

**Day-to-Day:**

- No student will be allowed to leave the gym, weight room, or athletic field without permission.
- Students will get 5 minutes after the tardy bell to get ready and 5 minutes at the end of the hour.

**Additional Info:**

- Students will be taught the appropriate lifting techniques and safety procedures to follow within the weight room. Our strength and speed programs are based on the Bigger, Faster, Stronger program. Students will be required to follow ALL aspects of the Montgomery County Bigger, Faster, Stronger Program.
- Students will also be taught appropriate and safe athletic movements designed to improve the overall athleticism.

**Discipline:**

- Minor Disciplinary Issues
  - 1<sup>st</sup> Offense – talk/conference with student
  - 2<sup>nd</sup> Offense – time out of the day’s activity (report to student’s coach when applicable)
  - 3<sup>rd</sup> Offense – removed from the situation and possible office referral (report to student’s coach when applicable)
- Major Disciplinary Issues
  - Office referral

**Contact Information:**

- Coach Jesse Cobb
  - Phone Ext. 1137
  - Email – [jacobb@mc-wildcats.org](mailto:jacobb@mc-wildcats.org)
  - Plan Time – 1:25-2:21 pm
- Coach John Klekamp
  - Phone Ext. 1139
  - Email – [coachk@countyfootball.org](mailto:coachk@countyfootball.org)
  - Plan Time – 2:25-3:21 pm

Student’s Name Printed: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent/Guardian Name Printed: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_