**Slemberger Weight Training Policy**

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**The basics:**

* You can earn up to 5 points on M,T,F and 10 points on W, Th.
* Please dress out – if you don’t, you automatically lose 1 point.
* Please stay in the locker room until the bell rings. If you leave early, you will be marked absent and lose your points for the day.
* If you miss class, aside from school-related absences, you will not receive credit until the absence is made up (i.e. family trips, illness, appointments, etc.)
	+ You can make up ONE absence per week outside of school (3 points/double on block days). The rest need to be made up with me during office hours or before/after school.
	+ Makeups must be completed within the late work deadline.
	+ Any extenuating circumstances will be addressed on an individual basis.

**How to get an A:**

* Complete all of your lifts
* Push yourself beyond what is required - add weight if it’s easy, focus on perfect technique
* Don't sit around if you finish; do ab work or complete other auxiliary lifts
* You will be graded on your improvement throughout the semester
	+ Your final max lifts will be compared to your initial max lifts and the grading scale below will be used to determine your “final max lift grade”. Each max = 10 pts.
	+ Bench Press and Power Cleans
		- 0-5 lb increase = 2 pts, 6-10 lb increase = 4 pts, 11-15 lb increase = 6 points, 16-20 lb increase = 8 points, 21+ lb increase = 10 pts.
	+ Back Squat
		- 0-10 lb increase = 2 pts, 11-15 lb increase = 4 pts, 16-20 lb increase = 6 points, 21-25 lb increase = 8 points, 25+ lb increase = 10 pts.

**How to not get an A:**

* Not dressing out
* Inactivity (sitting around)
* Excessive phone use during class - please stay off social media, music is fine
* Excessive absences
* Leaving the locker rooms early

*Return ONLY the bottom portion*

Student Name (Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_