



SCORPIONS FOOTBALL

STRENGTH AND CONDITIONING MANUAL

TEAM EXPECTATIONS

1. STRENGTH & CONDITIONING IS THE 'LIFEBLOOD' TO SUCCESS OF OUR FOOTBALL PROGRAM.
2. YOU ARE EXPECTED TO BE AT EVERY WORKOUT JUST AS YOU ARE EXPECTED TO BE AT EACH CLASS AND PRACTICE.
3. ATTENDANCE WILL BE TAKEN EVERY DAY.
4. YOU WILL BE DRESSED AND READY BEFORE WE START. DO NOT SHOW UP RIGHT ON TIME. YOU WOULDN'T DO THIS AT A JOB OR A JOB INTERVIEW, DON'T DO IT WITH YOUR TEAM. BE EARLY.
5. YOU WILL WEAR THE REQUIRED TEAM GEAR EVERYDAY. NO EXCUSES. IF YOU HAVE TO WEAR IT UNCLEARED THEN WEAR IT.
6. IF YOU ARE SICK OR WILL BE OUT OF TOWN OR HAVE A FAMILY SITUATION, YOU MUST CONTACT OF THE COACHES BEFORE YOU MISS SO WE DON'T THINK YOU ARE M.I.A. JUST LET US KNOW ABOUT IN ADVANCE.
7. IF YOU HAVE AN ACADEMIC SITUATION THAT WILL REQUIRE YOU TO MISS OR BE LATE TO A WORKOUT, COMMUNICATE WITH A COACH BEFOREHAND. WE WILL NEVER KEEP YOU FROM YOUR ACADEMICS.
8. IF YOU HAVE A TRANSPORTATION PROBLEM, COMMUNICATE WITH THE COACHES AND YOUR TEAMMATES WILL WORK TOGETHER TO FIND YOU A RIDE.
9. IF YOU ARE PARTICIPATING IN ANOTHER SPORT, THAT SPORT TAKES PRIORITY AT THE TIME, BUT YOU ARE STILL REQUIRED TO ATTEND WORKOUTS.

YOUR COACHES WILL BE ON TIME TO EVERY WORKOUT AND YOU ARE EXPECTED TO DO THE SAME. THERE ARE SITUATIONS THAT ARISE IN WHICH YOU MAY MISS OR BE TARDY TO A WORKOUT. IF YOU COMMUNICATE WITH YOUR COACHES AS STATED ABOVE, OUR HEADACHE WILL BE MINIMAL. IF YOU ARE IRRESPONSIBLE OR IMMATURE, WE WILL HAVE ISSUES AND YOU WILL HAVE CONSEQUENCES.

OUR FOOTBALL WORKOUT EXPECTATIONS HAVE BEEN SET IN MOTION AND WE HAVE ESTABLISHED A SET LEVEL OF EFFORT AND ATTENDANCE. BUT IT HAS TO GET BETTER. IF YOU DO NOT THINK YOU CAN MAKE THE COMMITMENT TO OUR STRENGTH AND CONDITIONING WORKOUTS, FOOTBALL MAY NOT BE FOR YOU.

OUR GOAL IN THE WEIGHT ROOM IS TO GET BIGGER, FASTER AND STRONGER. IN ORDER FOR THIS TO HAPPEN WE MUST IMPROVE ON EVERY LIFT EVERYDAY. IF THIS HAPPENS WE WILL GET BETTER INDIVIDUALLY AND AS A TEAM.

PLAYER SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

BY SIGNING THIS YOU ARE SAYING THAT YOU UNDERSTAND OUR POLICIES. IF WE HAVE ANY ISSUES, OUR COACHING STAFF WILL ALWAYS REFER BACK TO THIS.