



LACROSSE WEIGHT ROOM RULES

1. Safety First:

- a. Absolutely no horseplay
- b. Always use a spotter
- c. Use collars on all barbell exercises
- d. Use proper technique;
- e. Work hard, but don't strain. The primary person you're competing against is yourself. Injuries aren't worth it

2. Respect the facility

- a. No food or drinks, water only.
- b. Return all dumbbells, plates, etc. to racks...where they belong
- c. Do not rest plates, dumbbells or bars on top of benches
- d. The rest of the building is off limits

3. We're here to work:

- a. Be on time...Or call a coach. Coming late is a distraction
- b. Rides home need to be on time
- c. Dress to work: Shoes and shirts must be worn at all times. No distractions, SV or plain clothes.
- d. No sitting
- e. Commit to progressing each workout
- f. Encourage each other. We need a strong TEAM.

4. Violation of the rules can mean a loss of privilege to train at the facility with the team.

COMMITMENT + HARDWORK = VICTORY ON THE FIELD

Player's Signature

Parent's Signature