

SHARYLAND ISD
Sharyland High School
Powerlifting
2013-2014

Head coach: Joe Alex Leal

Room: Field house

Assistant coach: Sonia Longoria

Telephone: 956-580-5300, ext 1170

Team Policies

1. Dressing Out

- You are required to dress out in assigned shorts, T-shirt, and athletic shoes everyday. You may not lift in jeans or if you do not have proper athletic shoes. If you cannot lift because you do not have proper attire, you must stay out of the weight room. You will receive a zero for that day. On colder days, please bring warm ups for outside conditioning. **Girls will NOT be permitted to run or workout in spandex shorts at anytime. Boys are not permitted to run or workout without a shirt.**

2. Practice Attendance

- If you are going to be absent from practice, you need to attempt to **personally** notify your coach immediately. If one of the coaches is not notified about your absence, you will run 10 bleachers the following day. Coach Leal-956-492-3141, Coach Longoria- 956-451-4808.

3. Conduct On and Off the Floor

- You will be the example of all athletes at this school.
- You must treat all school employees as you would the head powerlifting coach.
- Smoking, drinking, or doing drugs will result in a suspension from the team for 18 weeks.
- Repeated detention or ISS will result in removal from the team.
- Stealing of any kind will result in removal from the team.

4. Locker room

- Each student will be assigned a locker and lock. It is the student's responsibility to secure all personal and school assigned items in the locker. Any items that go missing because items were not secured in the locker will be the sole responsibility of the student.

Rules and Consequences

Detention in a week

1= 5 bleachers

2= 10 bleachers

3= 15 bleachers

4= Meeting for possible removal from team

ISS

1= 10 bleachers

2= 20 bleachers

3= meeting for possible removal from team

***ISS the day before a meet** = no lifting or traveling with team

I _____, understand what is expected of me in powerlifting. I will adhere to said rules and understand all consequences for failing to do so.

Student Signature

Date

Parent Signature

Parent Phone Number