

Strength and Conditioning Supervision Guidelines

Weight Room Supervision:

Every athlete will be supervised at all times by his/her sport's strength and conditioning coach. No athlete, male or female, completes a workout in the strength complex without the company of his/her sport's strength coach. All athletes are required to perform the program designed by the strength and conditioning coach.

Conditioning Supervision:

Every new student/athlete must complete a baseline conditioning test before attending a practice or conditioning session. This test has been approved by the medical staff and the athletic director.

At every conditioning session there is someone from the medical staff present. Any athlete who has conditioning problems wears a heart rate monitor which is overseen by the medical staff. If at any time an athlete looks to be in trouble during a conditioning session, he/she will be pulled by the strength coach or the medical staff for evaluation. The medical staff makes the ultimate decision whether the athlete can continue. If someone had trouble with a condition session they must spend at least 30 minutes in the training room under the supervision of the medical staff. At no time will that athlete be left alone.

Athletic Performance

- ▶ There is a variety of food available in James Harris' office to supplement your diet and assist in your post-workout recovery. Gatorade is also available at all times to maintain hydration and aid in post-workout recovery.
- ▶ Most importantly, you will learn how to harness the most powerful tool that nutrition has to offer: food.

Athletic Performance Team

The Department of Athletics has established a comprehensive strength and conditioning program (Husker Power) to lessen the possibility of injury or re-injury. The performance team provides the best program available while maintaining the highest safety standards.

The department has three weight rooms available for use by student-athletes. The main weight room, the strength complex (472-3333), is located under the West Stadium. The other two weight rooms are located in the Bob Devaney Sports Center (472-1403) arena level and in the indoor track (472-4561). A recreational center weight room (472-3467) is open to all NU full-time students.

All intercollegiate athletic teams have a strength and conditioning program designed specifically for the rigors of their individual sport.

Each program addresses flexibility, conditioning, strength, power and body composition on an individual, team-member basis. These programs are then carried out under the direction of one of the performance team members and integrated into the team strength and conditioning program. Individual and team assessments are carried out periodically during the year. If you wish to further personalize

your strength and conditioning program, make an appointment with a member of the performance team.

A schedule of facility use times will be distributed to your coach. All scheduled times are exact and will not be altered to accommodate your arriving late. Individual use of weight room facilities may be arranged through and at the discretion of the Head Strength Coach. At no time will scheduling of individual time supersede team use of the facilities.

Work Environment

The work that takes place in the weight rooms is serious in nature, but it is hoped that you will feel comfortable in this environment and enjoy your workout sessions. The majority of your time in the weight room should be spent working to improve your lean body mass.

All student-athletes who use the strength and conditioning facilities should do so productively. You should arrive at your scheduled time, obtain your workout program, and go through the session with a positive attitude and a minimal waste of time, if you are to obtain a quality workout. Approach your workout session as an opportunity to improve yourself so you can perform better at your sport.

Safety

Safety in the strength and conditioning facilities depends upon following facility rules. Always think cautiously when performing any exercise. The weight rooms were established so you would have the opportunity to become stronger and more injury

resistant. Injuries should not occur in the weight room.

Spotters serve two basic purposes: (1) To motivate or encourage you to give it your all and (2) to supervise your workout in order to make it safe for you. Always have someone spot you when performing exercises, such as the bench and incline presses and the squat. The spotter should be prepared to assist the lifter when the weight cannot be raised.

Be aware of other people around you when performing any exercise. If people are in your way, there is always the possibility of dropping a weight on them or hitting them with a barbell. On machine exercises, make sure your spotter has his/her hands clear of the machine before you begin to exercise. If an injury should occur, immediately contact the

Weight Room Rules

The following weight room rules have been established for its users. In the event of a disciplinary problem, the performance team has the authority to eject an athlete from the facilities.

1. The weight room is locked at all times unless a trained and authorized supervisor is present. You are to lift only when your sport is scheduled or during open lifting periods.
2. All squats must be done inside the rack.
3. Each weight is to be returned to the specifically marked place on the rack after use.
4. Do not exchange weights from one station to another. There is plenty of weight at each station for your use.
5. The rubber bumper plates are for platform use only.
6. Soft drinks and chewing tobacco are not allowed in the weight room.
7. Every current athlete must wear an issued shirt and shoes at all times. No one will be allowed to lift in street clothes.
8. No equipment is to leave the weight room for any reason unless it has been checked out by a performance team supervisor.
9. No spitting on the walls or floor.
10. Chalk is to stay in the chalk bowl; please keep your hands over the bowl while chalking up.
11. Present and former athletes using a departmental weight room must have his/her program approved by an authorized performance team supervisor. Any program revisions must also be approved.
12. Former athletes and guests must sign a release form before using the equipment. (Forms are available at the front desk).
13. No cell phones or reading material allowed.



▶▶ Did you Know?

The new Charles and Romona Myers Performance Level in the Tom and Nancy Osborne Athletic Complex will have everything a student-athlete needs to achieve peak performance.