

# Strength and Conditioning Services

## MISSION STATEMENT

To provide the best possible facility, environment, and overall program for physical development to the student-athletes at Washington State University that reflects the philosophical excellence of the University, community, and Athletics Department.

We intend to fulfill our mission statement by:

- Providing every opportunity for student-athletes to improve their strength, speed, power, and flexibility, through program design, nutritional education, and coaching.
- Creating a motivated and positive environment within the Cougar Mania Strength and Conditioning Complex.
- Assuring that each strength and conditioning coach and staff members provide a positive, enthusiastic, but demanding training environment.
- Maintaining and operating our Strength and Conditioning Complex in an organized, safe, and efficient manner.
- Assuring that our emergency procedures are safe, efficient, and expedient.
- Maintaining high levels of communication with the Athletic Medicine staff with regard to the student athlete's injuries and rehabilitation.
- Providing equal accessibility of strength and conditioning coaches and facilities to all student-athletes.
- Insuring that interns and GA's in the Strength and Conditioning Complex are properly trained and knowledgeable regarding basic training and technical aspects of strength training.
- Insuring that each student-athlete has the best possible opportunity to participate in intercollegiate athletics in a physically healthy environment.

## STRENGTH AND CONDITIONING COMPLEX HOURS

Monday - Thursday 6:00 a.m.-6:00 p.m.

Friday 6:00 a.m.-2:00 p.m.

Saturday – Sunday by Team appointment

Any use of the varsity weight room by sports teams beyond the regular schedule must be coordinated with a certified member of the strength and conditioning staff. Sport coaches may provide cardiovascular training in the upper area of the weight room ONLY if they are cpr/aed certified.

While school is not in session and during summer months, the Varsity Weight Room will have posted reduced hours. **Student-athletes have priority for facility and equipment usage at all times.**

## GUIDELINES

### Attire

- Showing Cougar pride is a part of strength and conditioning; therefore, Cougar Equipment Room issued gear is required for training in the Varsity Weight Room.
- While we prefer that all athletes wear the crimson/gray workout gear that has been provided to every sport, we will permit the colors of **black, gray, white, and crimson. No other colors may be worn.**
- All upper body apparel must have lettering representing either our school or a specific WSU sport. **No plain, unlettered shirts of any kind (e.g., thermal tops).**
- Lower body apparel does not have to be lettered, but **must** be one of the four permissible colors previously mentioned and issued by the WSU athletics equipment room.
- Tank tops are **not** permissible. Sleeveless shirts are permissible as long as they were ordered as such and sleeves are hemmed. **No altered or cut off garments.**
- **Baseball-style hats, other brimmed hats, or sandal-type footwear are not permissible.**
- If you have questions regarding your attire, please see a member of the strength and conditioning staff.

### The Room

- Reading materials are not allowed while using any area of the weight room.
- Student-athletes are not allowed behind the front desk, or to sit on the counter.
- Student-athletes are not allowed to use any telephones or **cell phones** in the Varsity Weight Room. (Public telephones are available in the Galleria.)
- Obscene language and profanity is prohibited at all times by all users of the Varsity Weight Room.
- No loitering in the Varsity Weight Room. Do not sit on training equipment unless you are actually using it. Student-athletes are not allowed in the supplement room.
- No food, tobacco products, gum, or outside beverages in the Varsity Weight Room.
- Only spill proof water bottles are acceptable.
- All users of the Varsity Weight Room must be current student-athletes of recognized varsity athletics teams, Athletics Department staff, or other persons authorized by the Assistant Athletic Director for Physical Development. All users under the age of 16 must be accompanied by an adult.

### Loss of Privilege

- Willful violation of rules and guidelines.
- Failure to qualify as a continuing member of an athletic team.
- Withdrawal as a member of an athletic team.
- Suspension or dismissal from an athletic team. NOTE: use of the Varsity Weight Room will be denied until the student-athlete is reinstated as a continuing member of an athletic team.

## **Music**

- Student-athletes are not allowed to operate the stereo equipment in the Varsity Weight Room.
- Student-athletes are not allowed to wear a portable stereo/radio system on the first floor of the Varsity Weight Room.

## **Equipment**

- All users of the Varsity Weight Room are required to put equipment back in its proper place after using it. If you don't know, ask a staff member.
- All users of the Varsity Weight Room should report (to a strength staff member) any broken equipment or any injuries incurred while using the facility.
- Safety considerations when performing any free weight bench or incline exercise must include use of a spotter(s), a rack with safety bars, and use of collars to secure the weights to the bar.
- Safety considerations when performing any free weight squat exercise must include use of a weight belt, spotter(s), a rack with safety bars, and use of collars to secure the weights to the bar.
- All users of the Varsity Weight Room are required to use collars while performing free weight exercises with a bar.
- Never attempt to save an Olympic lift. Simply let go of the bar if you lose control.
- Serious injury may occur during or as a result of improper lifting technique. Consult a member of the strength staff if you have any questions.

## **Other Information**

- Student-athletes are eligible for class credit for their strength training work-outs. Two different classes are available and can only be taken one time each. The classes are Peact 101 and Peact 112. Please see your strength and conditioning coach or academic advisor for details.
- The Director for Strength and Conditioning has final say in all matters pertaining to authorized usage of the Varsity Weight Room.