

# Powerlifting Procedures and Organization

## Georgetown High School

### Players Responsibilities

1. If you're on time your **LATE**, if you're **Early** you are **ON TIME!** Do Not Be Late!!
2. Give maximum effort in the classroom. Grades are "Non Negotiables".
3. Help keep our facilities CLEAN
4. Accept responsibility for your actions
5. Be committed to your teammates, coaches, and powerlifting program.

### Travel Procedures

All athletes will depart and return on school approved transportation.

#### Exceptions:

1. If the athlete makes the coach aware that he is riding home with a **PARENT** before the meet and the parent makes contact with the coach before leaving the meet. A written note (e-mail) should be provided for GISD liability purposes.
2. Emergency situations- Accident or car injury etc.

Athletes will be assigned to a specific bus and roll will be checked prior to departure. Food and drink are prohibited unless approved by Coach Bond.

### Academics:

Academics is what we know as a "Non Negotiable". Each lifter will be required to maintain a passing grade for eligibility. Every individual who is in the "C" range or below must adhere to the following tutorial guidelines:

**79-76-** Must attend one a week. tutorial session per class with these grades

**75 or Below-** Must attend two tutorial sessions per week in lowest grade. Must also have a grade sheet signed and dated by the teacher of the class with your lowest grade and a parent.

### Academic Eligibility

Powerlifting does not fall under the UIL guidelines but those guidelines are used as a standard of measurement for eligibility. We will follow the eligibility calendar provided

## Lettering:

An athlete must meet the following criteria to qualify for a letter in powerlifting:

- Lift in 90% of the meets on the schedule.
- Multi sport athletes will need to lift in 100% of predetermined meets after review of all sport schedules.
- Qualify for the Regional Championship

Exceptions: Individual discretionary situations as determined by Coach Bond

## PRACTICE & ATTENDANCE

- Excused absence:** An excused absence is one where the player has **Notified/Communicated** to the coach that you will not be able to attend practice. Excused absences that become habitual could cause a diminished role on the team.
- Unexcused absence:** an unexcused absence is one where a player misses a practice and has NOT informed/ communicated the coach **PRIOR** to the missed practice. The player must make-up the previous day's work out. If the athlete is habitually unexcused a parent conference will be scheduled, and the athlete could be dismissed from the team.

## Injured Athletes

Injured athletes will be **required to attend all practices and meets while undergoing rehabilitation treatment**. All athletes who experience sickness or pain must report it to Mr. Hennessey or Mrs. Moe in the athletic training room. Any missed treatments will count towards an unexcused absence. Sickness will not be counted as an unexcused absence.

## MEET UNIFORM/ WARM UPS/ SHOES AND ALL GISD ISSUED GEAR

At GHS, an attempt is made to display our colors in a very professional way. With this in mind athletes must not wear any accessories that have not been issued or approved by Coach Bond. You will each be individually responsible for all items issued to you. All items must be returned after each meet or at the end of the season as appropriate.

### Practice Gear

Here is what will be supplied to you: You are expected to have your suit with you every practice.

- Squat suit**
- Bench shirt**
- Chalk**

- IV. Weight Belt.**
- V. Knee/Wrist Wraps**

### **Appropriate Practice Gear**

I will not provide you with any regular clothes to work out in. Here is a list of Non appropriate Practice/Meet attire.

#### **Girls:**

- I. No Spandex without shorts over them**
- II. Must have a shirt on at all times. Shirt cannot be cut in a way that reveals Belly Button or Sports Bra.**
- III. Running shorts that break “finger tip” rules without spandex underneath**

#### **Boys:**

- I. Must have a shirt on at all times.**
- II. Running shorts that break “finger tip” rules without spandex underneath**

## **Training Rules**

The abuse of possession of alcohol and illegal drugs is considered a serious offense. Any problems of this nature will be handled in accordance with the Georgetown High School Student Handbook or the Extracurricular Drug Use Prevention Program.

## **Lifter Conduct**

All Georgetown High School Powerlifting Athletes need to conduct themselves in a manner that will bring pride and honor to GHS, the Georgetown community and the athletic program. No athlete, involved in Powerlifting has the right to do or say anything that might hurt, embarrass, or degrade, themselves, your teammates or your coaches. Conduct that does not reflect the values of the Georgetown Community will not be tolerated and appropriate action will be taken.

### **Penalties for INAPPROPRIATE PLAYER CONDUCT**

- 1) Disciplinary physical conditioning
- 2) Meet Suspension
- 3) Indefinite Suspension
- 4) Lifter Behavior Contract
- 5) Dismissal

## Conflicts with Policy or Personnel

This section is included for conflict resolution between ATHLETE and COACH or PARENT and COACH. Any conflict with Powerlifting procedures or personal should be handled in accordance with the following protocol:

- 1) Arrange a meeting to speak with the Coach directly.
- 2) Arrange a meeting to speak with the Head Coach directly.
- 3) Arrange a meeting with the Campus Coordinator

**All meetings will include athletes.**

## Powerlifting Procedures and Organization Georgetown High School

**Parental acknowledgment of receipt of the GHS Powerlifting Procedures and Organization information:**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Son/  
Daughter's Name:** \_\_\_\_\_

**Parent/Guardian Signature:**

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