

# Ravenscroft Athletic Department

## Strength & Conditioning Guidelines

Strength and conditioning programs are key elements to the success of all athletic teams. The focus of the Ravenscroft program is to prepare our student athletes for the physical demands of sports competition, increase overall individual fitness and reduce the risk of athletic injury. Our programs are designed for pre-season, in-season and off-season student athletes, and are conducted throughout the entire calendar year. A typical training schedule may include:

General Warm-up  
Dynamic Warm-up  
Specific Warm-up  
Conditioning  
Strength and Power Training  
Stretching

In order to begin athletic participation, including a strength and conditioning program, the student athlete must have four documents on file with the Athletic Office.

1. A current **Physical Exam Form** (physical occurred within the last 13 months) signed and dated by physician. (Please submit this form to the Athletic Office. The Athletic Office will keep a copy and send the original to the Nurse's Office. *If this form is submitted to the Nurse's Office during the summer months the Athletic Office will not be able to access it.*)
2. **Parent Permission Form** completed and signed by both parent/guardian and student athlete.
3. **School Athlete Medical Card** completed and signed by both parent/guardian and student athlete.
4. **Strength & Conditioning Permission Form** complete and signed by both parent/guardian and student athlete.

It should be understood that having passed a physical examination does not necessarily mean that an athlete is physically ready to engage in strength and conditioning activities.

**Athletes are strongly encouraged to have done some preparation of their own, taking into consideration the importance of proper hydration, nutrition, general physical condition and acclimatization to the current work environment. All athletes will be evaluated to determine their current level of physical condition and monitored throughout the duration of the program.**

*This page is for your records. Please complete other side and turn in to Athletic Office.*

Ravenscroft Athletics  
**Strength & Conditioning Permission Form**

<b>FOR OFFICE USE ONLY:</b>	
Name: _____	
Class: _____	Entered: <input type="checkbox"/>
S&C Permission Form Date: _____	

## Student Acknowledgement:

I, \_\_\_\_\_, have read and understand the Ravenscroft  
(print full name of student)

Strength & Conditioning Regulations and agree to comply with them as written. I acknowledge that my failure to comply with these rules/instructions may result in loss of strength and conditioning privileges. I am fully aware of the risks involved in any form of physical activity. I understand that even with the best instructions, proper use of equipment, and strict adherence to rules and regulations, injuries are still a possibility. I agree to accept these risks as a condition of my participation in the after school/summer strength and conditioning program.

\_\_\_\_\_

(Student Signature)

\_\_\_\_\_

(Date)

\_\_\_\_\_

(Parent/Guardian Signature)

\_\_\_\_\_

(Date)