



## **NDB ATHLETICS WEIGHT ROOM POLICY**

Beginning each new school year, all returning sophomores, juniors, and seniors must complete 20 workouts in the weight room in order to participate on an NDB athletic team. If the twenty hours have not been completed, an athlete may try out for a sport, and if she makes a team, the athlete must attend mandatory Boot Camp in order to join the team for practices and contests. Boot Camp begins after tryouts are completed. Coaches are aware that if an athlete does not have the required hours completed, this can be considered a justifiable reason for an athlete to not make a team.

All hours must be completed with the NDB Strength and Conditioning Coach in the NDB Weight Room (contact them for Summer and Seasonal weight room hours).

Freshmen and transfer students do not have to complete the twenty hours before tryouts.

**ALL NEW STUDENTS MUST COMPLETE** their Athletic Physical and get the OK from NDB's Athletic Trainer before strength training begins.