



PINELAKE STRENGTH & CONDITIONING



Mission Statement

The mission of the Pine Lake Strength & Conditioning Program is to provide athletic training, through researched instruction and motivation to the student athletes of Pine Lake Prep. The program facilitates the mental and physical development of all Pine Lake student athletes so they may compete at the highest level while seeking to minimize the risk of injury.

Philosophy

The philosophy of the Pine Lake Strength & Conditioning Program is to create complete athletes through the development of explosive power, strength, speed, agility, flexibility, muscle endurance, and cardiovascular fitness. These athletic qualities will be achieved through various strength building lifts, plyometric exercise, controlled recovery times, and method critiques.

Pillars of PRIDE

Strength, Growth, Community, and Trust are the four Pillars of Pride the strength and conditioning program will seek to uphold.

Strength - Mind and Body expanding to tap potentials.

Growth - Constant movement toward goals and excellence.

Community - Together everyone achieves more.

Trust - Knowing one's body, one's limits, and the group's expectations will help unify and strengthen our campus.

Weight Room Rules

1. Never lift without a teacher or coach present
2. No horseplay
3. Always use a spotter
4. Use weight belt on overhead lifts and squats
5. Always wear proper athletic clothing
6. Always use clips/collars
7. Return all weights/plates to correct weight racks
8. No food, drink or backpacks allowed in weight room
9. Do not touch the radio
10. Stay on task

Weight Room Schedule

Monday: **2:15-3:15**

Tuesday: 2:15-4:15

Wednesday: **2:15-3:15**

Thursday: 2:15-4:15

Friday: **2:15-4:00**

Coach Thomas Berlin
Pine Lake Preparatory
Physical Education
Strength & Conditioning Coach
tberlin@pinelakeprep.org

Wavier of Liability

PINE LAKE PREPARATORY

Weight Lifting Waiver Form

In consideration of entry into weight training activities held at Pine Lake Preparatory, 1639 Mecklenberg HWY, Mooresville, NC 28115, I fully and evermore waive and release any and all rights and claims against Pine Lake Preparatory for damages that may arise from injuries sustained by my child.

In signing this form I release any and all responsibility of the Pine Lake Preparatory employed personnel in the event of an injury to my child as a result of strength and conditioning training on Pine Lake Preparatory property.

By signing this form, you signify that you understand and accept the terms listed above.

Participant:

Name

(print): _____

Signature: _____

Date: _____

Parent/Guardian:

Name

(print): _____

Signature: _____

Date: _____

