

MULLEN HIGH SCHOOL SPORTS PERFORMANCE POLICIES AND PROCEDURES



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Purpose

The purpose of this policies and procedures manual is to inform coaches, parents, student-athletes, faculty/staff and administration of the different policies and procedures that the Sports Performance staff will follow for any given situation. If there are any questions or concerns, please contact the Head Sports Performance Coach.

Mission Statement

In the tradition of St. John Baptist de La Salle and the Brothers of the Christian Schools, Mullen High School is a Catholic college preparatory high school whose graduates embrace God's gift of learning, devote their lives to ceaselessly seeking for His learning, and commit themselves to using His learning in the service of others

The Mullen Sports Performance purpose through training is to maximize athletic potential, build character, grow faith and instill the five LaSallian Core Principles in our students.

Strength and Conditioning Staff

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I. Program Objectives

The objectives of the Mullen Sports Performance Program are:

1. Maximize Athletic Potential Emphasizing Quality Movement
2. Increase Total Body Strength and Power to Improve On Field Performance
3. Decrease the Prevalence of Injury

II. Purpose of the Sports Performance Facilities

The Sports Performance facilities primarily serves the student-athletes and students of Mullen High School. The facility is to be viewed as a training facility for student-athletes to improve their sports performance, not a gym for individuals to exercise.

Teams must be scheduled by the Sports Performance staff to use the weight room. In-season sports and sports with large number of athletes will be given scheduling priority.

There is no use of the weight room outside designated team training hours or without the presence of a Sports Performance coach.

Sport coaches are not allowed to conduct strength and conditioning/ performance training sessions in Mullen strength and conditioning facilities.

III. Coach's Responsibility to the Sports Performance Program

Sport coaches are responsible for holding their athletes accountable for attending mandatory in-season strength and conditioning sessions. Coaches should also encourage athletes not participating in a current sport to attend off-season performance training sessions. Coaches should communicate in advance with the Sports Performance staff about any changes to the training schedule and/or athlete injury status.

IV. Availability of Head Sports Performance Coach/ Schedules

The Head Sports Performance Coach will be available during the school day and after school to serve Mullen student-athletes. The Sports Performance staff will be available during the scheduled times of teams' training.

It must be emphasized that the Sports Performance facilities are not a gym, and training is not allowed outside scheduled team training times. Students are not allowed to use the Sports Performance facilities for their own personal workouts.

V. Medical Coverage

In the event of a medical emergency, the Director of Sports Medicine or another licensed athletic trainer (ATC) will be contacted. 911 will also be contacted in the event of a life-threatening emergency.

VI. Rules and Expectations

1. Student-athletes are expected to be on time.
2. Student-athletes should wear appropriate training clothing.
 - a. Mullen HS or navy, gold, grey, black, or white t-shirt
 - i. NO cutoffs allowed, sleeves must cover shoulders
 - b. Mullen HS or navy, gold, grey, black, or white shorts
 - i. NO tights/leggings allowed unless covered by shorts or sweats
 - c. Tennis shoes/sneakers that are tied
 - d. No logos from other teams (high school, college, professional)
 - e. Clothing is to remain on during entirety of lifting and/or conditioning training
3. No headgear allowed (hats, headbands, bandanas, etc.)
4. Student-athletes are not allowed to have any electronic devices in the weight room or field during training.
 - a. Cellphones, head phones, iPads, iPods, cameras, etc.
5. No food or liquids are allowed in the weight room, other than water in a plastic bottle.
6. Horseplay, offensive gestures or language and inappropriate behavior will not be tolerated.
7. Student-athletes will not be allowed to sit, lay down, or bend over (hands on knees) during training.
8. Student-athletes are expected to complete all their sets and reps for exercises at prescribed weights.
9. Modifications to workouts are made only by the Sports Performance staff. Modifications may be made for injuries, volume, or intensity.
10. Music is controlled by the Sports Performance staff only. Music must be edited for profane and obscene language.
11. Use collars and spotters for free-weight exercises.
12. Do not drop weights unless it is for safety reasons.
13. Weights and equipment should be replaced in the exact position found, or proper storage position.
14. No equipment is to leave the weight room without approval from Sports Performance staff.

DISCIPLINARY ACTION

Disciplinary action is based on the severity of violation of posted rules of conduct and operation. Disciplinary action may include physical workouts, required community service, cleaning duties, and suspension from the facility.

VII. Rules of the Sports Performance Facilities

The Sports Performance facility primarily serves the student-athletes of Mullen High School and its students during assigned times only. Staff may be allowed to use the facility after approval from the Head Sports Performance Coach. Failure to adhere to rules and or upkeep of the weight room could result in permanent removal or dismissal from the facility.

VIII. Emergency Action Plan

Accidents or Injuries

Non-Life Threatening Situations

Step 1: Provide First Aid if appropriate

Step 2: Activate EMS if necessary

Step 3: Notify Sports Medicine Department or a licensed Athletic Trainer (ATC) to evaluate the student-athlete and document on injury report

Life Threatening Situations

Step 1: Call 911

Step 2: Assess the situation, check to make sure scene is safe

Step 3: Retrieve AED from Spirit Center Level 1 Hallway

Step 4: Have a certified individual perform CPR if necessary

Step 5: Have a member of Sports Performance Staff meet EMS at the West entrance of the Spirit Center entering off Kenyon Ave.

Fire

Step 1: If smoke or flame is detected, activate fire alarm

Step 2: Evacuate the building, following evacuation route

Step 3: Proceed to designated meeting area on soccer game field

IX. Coaching Responsibilities

All strength and conditioning / performance training at Mullen High School is to be conducted by the Sports Performance staff. No sport coaches, trainers, friends, family members, etc. are allowed to provide training to Mullen High School student athletes in the Mullen Sports Performance facilities.

The Head Sports Performance Coach is responsible for overseeing the design and implementation of strength and conditioning training programs for all Mullen High School athletic teams to be implemented by the Mullen Sports Performance staff.