



## WAYLAND UNION HIGH SCHOOL

### *After-School Lifting Program Policy*

The school's lifting program will be employing the PLT4M system to prepare our student-athletes physically and mentally. This is a universal program that can be used for all athletes, regardless of sport, time of season, or fitness goals.

#### Purpose:

- To give our athletic programs the best chance to be successful.
- To give each student-athlete an equal opportunity to develop.
- To provide a diverse workout.
- To unify the school's student-athletes by bringing them together.
- To develop camaraderie across sports.

#### Requirements:

- Students must go through a weight room training orientation to use the facility.
- Students must enroll in the PLT4M program through email (a one-time set up)
- Students are asked to bring their iPad or phone to access their individual plan.
- Whenever possible, students enrolled in the PLT4M program should sign-up at least a day ahead of time for optimal planning on the part of the lifting program staff. If a student does not sign-up, they are still welcome to attend workouts.

#### Weight Room Protocol:

- 6 racks are reserved for the PLT4M program for the following times:
  - Monday from 3:15-4:15
  - Tuesday, Thursday, Friday from 2:45-4:15
- There will be no weight room supervision on Wednesdays
- The cardio room, weight machines, and 2 racks are available for students who want to lift separate from the PLT4M program, as long as supervisors are present.

# PLT4M