

VALENCIA HIGH SCHOOL

ATHLETIC DEPARTMENT

Dr. Paul Priesz, Principal

Brian Stiman, Athletic Director

WEIGHTROOM RULES

- 'Y' **Supervision** All athletes must be under the direct supervision of their coach (safety first).
- 'Y' **No horse playing**
- 'Y' **Rack all weights, bars and belts after use.**
- 'Y' **Lock all doors after use.**
- 'Y' ***No loitering.***
- 'Y' ***No food, drink, gum, spitting.***
- 'Y' ***Must wear athletic type of attire (no cleats or spikes)***
- 'Y' ***No bare feet or sandals***
- 'Y' ***Abusing equipment is prohibited***
- 'Y' ***No profanity***

Note: Report all broken and missing equipment immediately to Coach Monteleone.