



WEIGHT ^aminute:

New weight room policy clarified

The New Weight Room Policy

as explained by Dr. Tony Voss:

No student can be in the weight room without supervision by a coach (6 a.m.-6 p.m.) or paid supervisor (6-10 p.m.).

The reason for the policy change was three-fold:

- to ensure safety of the students lifting
NOTE: Though safety of students lifting has always been a concern of Dr. Voss, the increase in the amounts of free weights that are in the weight room, in his opinion, create more risk of injury.
- to provide an exclusive lifting experience for all Hudson students from 6 a.m. to 6 p.m.
- to help ensure the \$80,000 investment to remodel the facility and get new equipment is maintained

Meet The Supervisors:

- Community members must pay a \$180 yearly membership fee to use the facility, which will be used to pay the supervisors. Hudson graduates Cody Bascom, Kyle Johnson, and Trey Uden were chosen to be supervisors because they are consistently in the weight room.

- Others can apply if/when these supervisors resign. Candidates would need a lifting background.

- What they do:

Supervisors will be given a list of students if they choose to lift during the supervised time.

Students may be asked to show an ID if the supervisor doesn't know who he/she they is are

While supervising, these men are able to lift as well.

"I agree with the new weight room policy. I think that it is great that students have a set time to be in there, and it is even better that they will be supervised by a coach. This allows different coaches to support students in a different way, and for the coaches and athletes to invest in each other's mutual goals of development and success. It is also nice to have a set community time so if a team or group of student athletes are working they will not be interrupted by someone else. This should also help keep the weight room clean, neat and organized so that we can all take pride in the new facilities that we have."

Zane Sittig, a social studies teacher at Wapsie Valley High School, has been an assistant varsity football coach as well strength and conditioning coach for the last five years at Hudson.



Q: What is a strength and conditioning coach?



"A strength and conditioning coach is just like any other coach. Our main goal is to prepare all student athletes for competition. We obviously deal with strength development, conditioning and speed/agility development, but we also do a great deal of coaching athletes up so that they use the proper form, fundamentals and technique. This allows them to perform at their highest potential to prepare themselves for competition. We provide a plethora of workouts for different students that have different goals depending on where they are at in their season. We have off-season lifting programs, pre-season lifting programs, in-season lifting programs, game day workouts, speed and agility programs, and conditioning programs. We have specialized workouts for junior high students, female athletes, athletes that have no experience,

Did you know?

The work that Coaches Werkman and Sittig do is 100% volunteer. During the school year they run sessions before school 3-4 days a week. During the summer they run multiple lifting and speed and agility sessions in the morning, five days a week.

and older, experienced students. What some people don't know, though, is that we develop more skills than that. We also work on intangible skills like being discipline, teamwork, a competitive spirit, accountability, leadership, how to overcome adversity as well as mental and physical toughness. All of these intangible skills, put together with the physical skills that are developed, help to not only make better athletes and cohesive teams, but they also build better students and better people with higher character. It is because of this that Coach Werkman and I want not only every student-athlete to participate in the strength and conditioning program, but we want all students to as well. That way everyone will be exposed to these kinds of skills, build relationships with their peers and not to mention giving more people an opportunity at a more healthy and active lifestyle." -Sittig

A student athlete reacts to the new weight room policy

by junior Hailey Elder.

The new weight room policy has left athletes like myself with mixed feelings.

The Good

The policy isn't totally terrible. It requires student athletes to be supervised in order to lift, which helps prevent injury. The presence of supervisors will also help the upkeep of the weight room, which is a plus for students and community members. Another bonus: Students like myself will no longer have to pay for a membership, even if it was just the old \$10 key cards. Now that students can lift for free without a need for a weight room card, it should help the amount of students that go to the weight room.

The Bad

Despite these benefits, the policy has some flaws. One of the biggest concerns I have is the requirement to have a coach present if you are lifting from 6 a.m.

opinion

to 6 p.m. Coaches cannot easily work around each of their athletes' schedules. It seems a lot to ask our already overworked and underpaid coaches to donate yet more time to supervise lifting. Also, coaches are being expected to keep their players safe in the weight room and ensure they are using the equipment properly. I don't think that is a fair expectation. Not every coach knows proper form and safety in the weight room, so to presume they are capable of keeping their athletes safe seems problematic.

The Ugly

Perhaps what has been the most frustrating is the poor communication of the policy. Students and community members all have different ideas of what the policy is, few of which are accurate. Since the rules were not effectively communicated, people have steered away from the Hudson weight room. As a result, 55% of students polled said they will no longer lift at Hudson. In addition, 29% are thinking about or already have gone elsewhere to workout, some spending a lot of money to join a gym because they think they cannot lift here. Student athletes like myself fear that the miscommunication of the policy will hinder our athletic performance and negatively affect our teams.

Final Thoughts

A policy is necessary for the redone weight room, but the one that is set in place could use some work. With a little reconsideration of some of the rules and a clear explanation of what they are, the policy could be effective... I said *could*.