WEIGHT ROOM RULES

1. No Cell Phones. Your time in the weight room is part of your practice schedule.

2. All student athletes must be properly supervised when using the weight room. A coach or a student worker must be in the weight room with you.

3. All student athletes should be dressed properly:
   a. Plain clothing or Buffalo State College apparel is to be worn. You will be asked to change or turn clothing inside out if another school is represented.
   b. Shoes are mandatory.
   c. T-shirts or sweatshirts must be worn at all times. Men keep your shirts on and women wear a t-shirt over your sports bra.
   d. Shorts/sweatpants. Make sure they are pulled up...not everyone wants to see your undergarments...make sure you wear longer shorts or spandex under your shorts for the same reason.

4. Leave the weight room as you found it. Put plates and dumbbells where they belong.

5. Bars should be stripped of weights before you leave.

6. No weights outside of the weight room unless you have Coach Young’s permission.

7. No personal stereos in the weight room. The music you bring for the stereo must be edited versions. No Cussing!

8. Use your lockers! Student athletes are responsible for their own belongings that are brought into the weight room.

9. **COME READY TO WORK!!!** Don’t be a distraction to those that do want to get better.