** WSU Kinesiology Program**

**Strength and Conditioning Minor**

**Student Handbook**

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*I have thoroughly reviewed and understand the handbook information* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name date

**STUDENT STRENGTH AND CONDITIONING PROGRAM**

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**Edited Fall 2016**

**STUDENT STRENGTH AND CONDITIONING MINOR PROGRAM**

**OVERVIEW OF PROGRAM**

The Student Strength and Conditioning Program at Washington State University serves many functions; the most important function is helping serve our student athletes within our athletic program. The program also gives the minor students invaluable experience that will help prepare them for a full-time career. We do mainly focus on the Collegiate Strength and Conditioning Profession, but we have had a wide variety of students use our program for other future endeavors in related fields. Some of those related fields are physical therapy, athletic training, personal training, sport coaching and physical education. Strength and Conditioning minor is available through the College of Education and Department of Educational Leadership, Sports Students & Educational/Counseling Psychology.

The student program at WSU has produced many quality and highly sought after Strength and Conditioning professionals and has been able to help place former students in a wide variety of settings after their experience. We have former students in the NFL, NBA and MLB, as well as many in collegiate athletic programs across the country.

Ourmission is to give the minor’s students hands-on experience in Strength and Conditioning toexpand their knowledge of the field and to help better service our student athletes at Washington State University.

**Goals:** To provide a better understanding of resistance training program design and responsibilities of the strength and conditioning profession. To review and discuss current literature in the field and to provide an experience that aims to prepare students to continue on in the field of strength and conditioning. To prepare students to pass the exam to become a certified strength and conditioning specialist (CSCS) with maintaining recognition of our education program by the National Strength and Conditioning Association. To prepare students to be highly respected professionals that utilize their strength and conditioning knowledge in their future career.

**Evaluation:** Students will be assigned to strength and conditioning coaches. This individual will evaluate the students’ performance using the evaluation form found in appendix D Students ability to pass the practicums will also be evaluated by the strength and conditioning minor committee. This will include mandatory meetings and competency tests given by the strength and conditioning coach in charge of thepracticum. If any competency test is not passed, the student will have the opportunity to re-take the test once. If the student still cannot pass the competency then the strength and conditioning committee will evaluate if the student should remain in the program. The program is a semester to semester appointment and the strength and conditioning committee reserves the right to ask a student to not return if the committee feels the student is not fitting the minor’s goals, regardless of passing the competencies. Successive unsatisfactory evaluations by strength and conditioning staff and committee may result in removal from the minor.

**Required Practical Hours:** Students will be asked to volunteer 8-10 hours a week for an estimated 120-150 hours per term. Tardiness is not allowed, no more than 2 unexcused absences will be allowed. If the student is asked to leave because of unexcused absences or excessive tardiness, they can have the opportunity to re-apply the following semester and the application will be reviewed by the strength and conditioning supervising staff and the strength and conditioning minor committee. If they are allowed back, **no** unexcused absences or tardiness will be allowed.

**ADMISSION REQUIREMENTS**

Students wanting to apply to the strength and conditioning minor must meet the following requirements:

1. Completion of prerequisite courses

(KINES 262, KINES 264, KINES 311)

1. 2.75 minimum cumulative GPA
2. Certified in any major of study
3. Completed observation hours
4. Current First Aid/CPR/AED credentials (American Red Cross First Aid/CPR/AED or American Heart Association Heartsaver® First Aid CPR/AED)
5. Complete Application Packet submitted to Strength and Conditioning Minor Clinical Coordinator by deadline
   1. Completed 10 observation hours
   2. Typed application form and written responses to Applicant Questions
   3. Resume
   4. Three professional letters of recommendation
   5. Application Procedures Form signed by your advisor
   6. Printed academic report provided by your advisor
   7. Signed Confidentiality Waiver
6. Interview by Invitation
7. Student must begin the minor the term directly following acceptance into the program, and continue progression each sequential term\*

**RETENTION REQUIREMENTS**

Satisfactory progress toward intended degree is expected of each student admitted into the program. The program does not allow two consecutive terms of probation during the course of the minor. Progression within the minor will be deemed unsatisfactory if at the completion of the minor the student is below ANY of the listed requirements. If a student fails to meet these criteria, that individual will be dismissed from the minor.

**Requirements**

1. Completion of program requirements per semester\* as indicated in course syllabi
2. Maintenance of all admission prerequisites
   1. C or better in all classes required for the minor
   2. Minimum cumulative GPA of 2.75
   3. Certified in a major
3. Satisfactory staff evaluations
4. Satisfactory progress in completion of competencies
5. Maintenance and/or re-certification of CPR/AED/First Aid
6. Active WSU Student Professional Liability insurance
7. Attendance at required meetings and assigned hours
8. Students must participate in mock interviews with a full-time Strength and Conditioning Specialist during their senior year
9. Students must have an updated resume in their senior year that could be used to apply for internships or Graduate Assistantship positions

\**summer terms are considered optional, and are not required as a part of the sequential order*

**Suggested Additional Activities**

1. Students are strongly encouraged to sit for a certification exam prior to or during their senior year of school, the following certifications are preferred. *Please note: WSU students receive a discount in test fees for the CSCS*

* CSCS
* USAW (can be taken at any time, regardless of year in school)
* SCCC (requires extra hours working directly with SCCC Master Strength Coach during senior year)

1. Students are strongly encouraged to attend a nationally recognized Strength & Conditioning Conference in their senior year (NSCA or CSCCa)
2. Students will be encouraged to contact strength coaches around the country to get info on the field and get recommendations for their next step in the field
3. Students are strongly encouraged to become involved in the **WSU RSO Strength and Conditioning Club**.

**GUIDELINES AND RULES**

1. **MISSION STATEMENT**

The primary purpose of the Washington State University Student Strength and Conditioning Program is to help Strength Staff Coaches in every facet of strength and conditioning as well as in injury prevention of our student-athletes. Each student will be provided with proper instruction and guidance under direct supervision in order to continue to service our student-athletes as best as possible.

1. **BOHLER WEIGHT ROOM RULES**
2. Do not allow athletes to workout in the weight room unsupervised.
3. Proper weight room attire must be worn, such as shirts, shorts, sweats and closed-toed shoes.
4. Other university, high school or professional team clothing **will not be allowed**. Cougar apparel or clothes that are plain crimson, black, white and gray will be the only apparel allowed.
5. Collars are required on any bar at all times.
6. No cleats are allowed in the weight room.
7. The stereo should be kept at a reasonable volume during peak training times. Strength staff has priority on choosing music and if the radio will be on at all.
8. No music containing profanity should be played in the weight room at any time.
9. The books and periodicals in the weight room are to be used only with permissions. Do not take them out of the weight room without permission.
10. Secure the weight room when cleaning the facility.
11. Keep facility clean both on and off duty; make sure weights are returned to weight trees and racks when teams or individuals are done training.
12. **PERSONAL QUALITIES**

As a student member of the Strength and Conditioning profession, there are many characteristics they must possess. These personal qualities are essential because of the interaction of strength coaches with athletes who have diverse personalities, work under chaotic conditions and have ever-changing hours. It is often these personal qualities that determine the effectiveness of a Strength and Conditioning Coach. The qualities we look for in our Student Strength Coaches are:

1. Good physical health and fitness levels
2. Good morals, ethics and common sense
3. Maturity and emotional stability
4. Intellectual capacity
5. Love of the profession
6. Sincere interest in helping student-athletes be successful
7. Adaptation and flexibility
8. Dependable and loyal
9. **APPEARANCE**

Student strength coaches should dress professionally, in line with #3 of the rules above, and represent the WSU Strength and Conditioning Department in a professional and respectful manner. Student-athletes have to follow this rule; therefore, student strength coaches need to dress appropriately as well to set a good example.

1. **PRIORITY AND RESPONSIBILITY ASSIGNMENTS**

Students will be assigned hours around their class schedules and around any other reasonable commitments they may have. If students are assigned to a team or to a specific strength coach, that is the first obligation of that student. When teams are not training in the weight room, there is a checklist of cleaning duties that need to be done weekly. No standing or sitting around will be tolerated. Students are encouraged to interact with the full-time strength coaches, ask questions about programming and if there is anything else they could help with. If a student has an issue with a coaching philosophy, address the issue with the strength coach in charge in private. Never let the athletes see or hear you question an exercise, movement or philosophy. Remember that athletes need to see unity among the staff and coaching questioning that strength coach will not be tolerated.

1. **FACILITY MAINTENANCE**

Bohler Weight Room needs to be clean, tidy and organized at all times. Before leaving the facility, make sure all weights are racked, equipment put away and the facility looks clean. As specified above, there is a weekly check off list of cleaning duties that needs to be done each and every day.

1. **NUTRITION/SUPPLEMENTS**

The WSU athletics Nutrition staff provides the athletes with detailed suggestions on nutrition and supplementation. The Strength and Conditioning department supports the Nutrition staff’s recommendations.

1. **PHONE**

Phone usage should be limited to local calls, if a long distance phone call needs to be made due to official university business, see a full-time staff member for assistance and approval. When taking phone messages for staff members make detailed neat notes and make sure that staff member gets the message as soon as possible. When answering the phone, the greeting should be “Washington State Strength and Conditioning”. Use of personal cell phones during internship hours is NOT allowed.

1. **ATTENDANCE POLICY**

Be on time for all assigned work hours and student staff meetings. If an emergency arises, if possible, call the Strength Coach in charge as soon as possible. If sickness arises, again, please email or call the Strength Coach in charge as soon as possible. If time off is needed for classwork, tests or anything else, ask in advance at least 24 hours prior to absence. Failure to show up for scheduled times will result in disciplinary action.

**MINOR PROGRAM LEVELS**

**OBSERVATION HOURS (prior to acceptance into S&C minor)**

1. Observation hours are available during all semesters.
2. Ten hours of observation time will be performed in Bohler gym. Approximately half of your hours will be dedicated to observing strength and conditioning staff. Five hours will be dedicated to observing an upper class S&C student or intern. You will be assigned to a specific individual, and may have the opportunity to observe them at a practice, during a conditioning or weight training session; hopefully this will allow you to see the internship experience within a different context.
3. After your initial 5 hours of observation time, contact the S&C Minor Clinical (coach Lang) for your individual assignment.
4. Students interested in the applying for the strength and conditioning minor at WSU should complete these hours as early as possible, you will need to complete the hours during the semester you begin your hours. In addition, you should complete your observation hours the **term you are applying** to the minor.
5. Due to facility limitations, all observation hours must be scheduled ahead of time and be completed one week prior to application deadline.
6. Sign-up will be on a first come-first serve basis. Please contact coach Lang for the schedule.
7. Before beginning observation hours, prospective students are required to have a confidentiality waiver on file with the S&C Minor Clinical Coordinator.
8. Observation record sheets will be maintained by staff at Bohler Gym.
9. Only a staff strength and conditioning coach can sign off on your observation times.
10. Turn in observation record sheet to the S&C minor Clinical Coordinator when your hours are completed.

**KINES 412 (STRENGTH TRAINING PRACTICUM 1)**

The student is responsible for communicating **prior** to the beginning of the semester with Coach David Lang. Student’s practicum schedule will be determined by class schedule and the scheduling of teams within Bohler gym. The responsibilities of the first practicum can be described as the following.

1. Observe Training Of Sport Teams
2. Daily & Weekly Cleaning Duties
3. Learn And Begin To Understand About Program Design
4. Attend Designated Weekly Meetings Of The 412 Practicum
5. Pass Competencies Of The Kines 412 Syllabus

**KINES 413 (STRENGTH TRAINING PRACTICUM 2)**

The student is responsible for communicating **prior** to the beginning of the semester with Coach David Lang. Student’s practicum schedule will be determined by class schedule and the scheduling of teams within Bohler gym. The responsibilities of the first practicum can be described as the following.

1. Observe Training Of Sport Teams
2. Daily & Weekly Cleaning Duties
3. Learn Program Design
4. Spot Athletes When Needed
5. Supplement Handout
6. Article Summaries As Required Of The 413 Syllabus
7. Attend Designated Weekly Meetings Of The 413 Practicum
8. Pass Competencies Of The 413 Syllabus

**KINES 414 (STRENGTH TRAINING PRACTICUM 3)**

**Off-Campus Practicum**

A formal practicum proposal for Kines 414 must be submitted to the clinical coordinator and approved by the committee in the semester prior to beginning the practicum.

1. The proper affiliation agreement and liability insurance must be completed prior to the start of the practicum.
2. The student will act as an intern under an approved strength and conditioning specialist, as a site supervisor.
3. The student will follow the handbook specific to the Off-Campus Practicum.
4. The student strength and conditioning intern, as a representative of Washington State University, must uphold the highest standards of professionalism. The site supervisor will have a copy of the strength and conditioning minor student handbook, and will utilize this for their expectations.
5. The site supervisor will have unique tasks and requirements (including dress code) based upon that site. The student is expected to follow these requirements **without exceptions.**
   1. examples:
      1. observe training and programming of clients/athlete
      2. daily and weekly cleaning duties
      3. learn and begin to understand program design parameters
6. The site supervisor will use the Student Evaluation Form (Appendix D)
7. The student will communicate with the Strength and Conditioning minor Clinical Coordinator, including weekly interactions and assignments.
8. Pass competencies of the 414 syllabus/student handbook.

**OPTIONAL ADDITIONAL SEMESTER 5 AND BEYOND**

**(BY APPROVAL OF STRENGTH AND CONDITIONING MINOR COMMTTEE ONLY)**

1. Spot Athletes When Needed
2. Supplement Handout + Cleaning Duties
3. Stretch Athletes When Needed
4. Warm Up Athletes/Teams When Needed
5. Work Towards Certification
6. Any Other Duties Assigned By Full-Time Strength Coaches
7. Design A Basic Strength And Conditioning Program
8. Pass Certification Examination
9. Cover Floor Hours If Needed
10. Design A Comprehensive Rehab To Mainstream Strength And Conditioning Program
11. Run/Work At A Wsu Strength And Conditioning Clinic

**Student Weight room Intern**

**Confidentiality Waiver**

Athletics is an important part of Washington State University. The Cougar Strength & Conditioning Complex is one aspect of the Department of Intercollegiate Athletics at WSU. Information inappropriately shared about a student-athlete’s injury or training history may adversely affect their professional opportunities. The student-athlete may have psychological, emotional, mental, or physical injuries of concern or related training issues of concern. While observing and working in the weight room a strength training intern may be exposed to sensitive situations.

A strength training intern must understand the importance of and practice confidentiality. This involves observing and working without sharing what your have observed with persons outside the weight room. As an example, it is possible that you will observe an athlete’s rehabilitation workout. You may talk about the nature of the rehabilitation aspect of your observation to strength staff (WSU certified strength coaches), but you may not refer to the student-athlete or sport outside of the weight room.

If you fail to keep what you, as a strength training intern, have observed while working in the Cougar Strength & Conditioning Complex, you will automatically forfeit any chance of completing this program of study and receiving any future professional references. To violate the confidentiality of student-athletes, strength training interns / volunteers, certified strength & conditioning coaches / athletic trainers, and physicians is to violate the law and professional ethics required of all workers in a health care facility.

By signing below, you agree to keep the information you observe while in the Strength & Conditioning Intern Program at Washington State University confidential and within the confines of the said program. This agreement extends indefinitely and does not depend upon your acceptance into and completion of the Strength & Conditioning Intern Program or affiliation with the Washington State University Strength & Conditioning Program.

Name (please print):

Signature: Date:

***This waiver has to be on file in the weight room before you begin your volunteer work hours. Please return it to Program Supervisor and S&C Minor Clinical Coordinator***

**PROFESSIONAL CODE OF CONDUCT**

**Discrimination, Sexual Harassment, and Sexual Misconduct**

As a student intern within the Varsity Weight Room setting, it is imperative that you assist in “maintaining a safe and respectful working and learning environment” as per the WSU standards. It is also imperative that you recognize that your rights are protected under these same standards. Each student in the Strength and Conditioning Minor is required to complete “Discrimination, Sexual Harassment, and Sexual Misconduct Prevention” training, including a score of 75% or better on the training questions.

More information on the WSU policy can be found at <https://oeo.wsu.edu/executive-policy15/>.

**FACULTY AND CLINICAL STAFF**

**STRENGTH AND CONDITIONING MINOR COMMITTEE**

**DINA MIJACEVIC, PH.D, ACE, CSCS**

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**BOHLER VARSITY WEIGHT ROOM STAFF**

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Strength and Conditioning Specialist

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Strength and Conditioning Specialist

**ADAM THACKERY, MS, CSCS, SCCC, FMS-1**

Strength and Conditioning Specialist

**STUDENT STRENGTH AND CONDITIONING PROGRAM**

**COMPETENCY TEST MOVEMENT LIST**

OLYMPIC MOVEMENTS CORE STRENGTH MOVEMENTS

POWER CLEAN & ALL VARIATIONS SQUAT & ALL VARIATIONS

POWER SNATCH & ALL VARIATIONS BENCH PRESS & ALL VARIATIONS

PUSH PRESS & ALL VARIATIONS

UPPER BODY AUXILLARY LIFTS LOWER BODY AUXILLARY LIFTS

DB LYING FLIES DB WALKING LUNGE

PLYO PUSH UPS DB SIDE LUNGE

DB SHOULDER PRESS DB BACKWARD LUNGE

DB UPRIGHT ROW DB STEP UP

DB REAR DELT RAISES DB LATERAL STEP UP

DB LATERAL + FRONT RAISES DB/SB RDL

DIPS (BENCH & REGULAR) SB LATERAL SQUAT

DB/SB SKULL CRUSHERS DB SINGLE LEG RDL

SB TRICEP PULLOVER PRESS MB DROP SQUAT

PULL UPS (ALL GRIPS) GLUTE HAMS

DB BENTOVER ROW (ALL GRIPS)

SINGLE ARM BENTOVER ROW

INCLINED SINGLE ARM BENTOVER ROW

LAT PULLDOWN (ALL GRIPS)

DB ZOTTMAN+HAMMER CURLS

LOW BACK & CORE EXERCISES

HYPEREXTENSIONS

MODIFIED HYPEREXTENSIONS

REVERSE HYPERS

**STUDENT STRENGTH AND CONDITIONING PROGRAM**

**SAMPLE COMPETENCY TEST**

1. WHAT IS THE LAT PULLDOWN CLASSIFIED AS?
2. CORE STRENGTH MOVEMENT
3. AUXILLARY MOVEMENT
4. OLYMPIC MOVEMENT
5. WHAT IS THE PURPOSE OF A LAT PULLDOWN AND THE PRIMARY MUSCLE GROUP INVOLVED IN THE MOVEMENT?
6. WHAT ARE 3 KEY COACHING POINTS FOR THE LAT PULLDOWN?
7. WHAT ARE 3 DIFFERENT GRIPS THAT CAN BE USED AND WHAT CHANGES WITH EACH GRIP?

**STUDENT STRENGTH AND CONDITIONING EVALUATION FORM**

THIS EVALUATION SHOULD BE BASED ON THE STUDENT’S PERFORMANCE AT THE COMPLETION OF EACH SEMESTER, AND SHOULD BE USED TO EVALUATE WHETHER THE STUDENT IS WHERE THEY SHOULD BE, AND ALSO AS A GOAL-SETTING TOOL FOR THE NEXT SEMESTER.

1. APPEARANCE: IS THE STUDENT WELL GROOMED AND APPROPRIATELY DRESSED FOR HIS OR HER TIME IN THE WEIGHT ROOM?

YES NO NEEDS WORK N/A

1. ATTENDANCE AND PUNCTUALITY: IS THE STUDENT PRESENT DURING ASSIGNED TIMES AND ON-TIME FOR ALL SHIFTS?

YES NO NEEDS WORK N/A

1. MOTIVATIONAL SKILLS: DOES THE STUDENT MAKE AN EFFORT TO MOTIVATE ATHLETES AND MAINTAIN A POSITIVE TRAINING ENVIRONMENT?

YES NO NEEDS WORK N/A

1. SELF-MOTIVATIONAL SKILLS: IS THE STUDENT SELF-MOTIVATED AND ABLE TO WORK WELL WITHOUT DIRECT SUPERVISION?

YES NO NEEDS WORK N/A

1. JUDGMENT SKILLS: DOES THE STUDENT FOLLOW THE CHAIN OF COMMAND AND KNOW THEIR ROLE AS A STUDENT VOLUNTEER?

YES NO NEEDS WORK N/A

1. DEPENDABILITY: CAN THE STUDENT ACCEPT RESPONSIBILITY FOR HIS OR HER ACTIONS IN THE WEIGHT ROOM

YES NO NEEDS WORK N/A

1. RELIABILITY: CAN THE STUDENT BE RELIED UPON TO COMPLETE TASKS ON TIME AND IN A PROFESSIONAL MANNER?

YES NO NEEDS WORK N/A

1. PROFESSIONAL RELATIONS: IS THE STUDENT ABLE TO WORK WITH A VARIETY OF SPORTS, GENDERS AND ETHNICITIES?

YES NO NEEDS WORK N/A

1. PROFESSIONAL RELATIONS: DOES THE STUDENT REPRESENT THE STRENGTH AND CONDITIONING DEPARTMENT IN A POSITIVE MANNER INSIDE AND OUTSIDE OF THE WEIGHT ROOM ENVIRONMENT?

YES NO NEEDS WORK N/A

1. PROFESSIONAL DEVELOPMENT: DOES THE STUDENT SHOW ACTIVE INTEREST IN ALL WORK ASSIGNMENTS AND TAKE EVERY OPPORTUNTIY TO LEARN WHEN POSSIBLE? DO THEY ASK QUESTIONS AND SHOW INTEREST IN LEARNING ABOUT PROGRAM DESIGN?

YES NO NEEDS WORK N/A

1. COMMUNICATION SKILLS: IS THE STUDENT ABLE TO TAKE DIRECTIONS AND CRITIQUE, BOTH POSITIVE AND NEGATIVE, WELL?

YES NO NEEDS WORK N/A

1. COMMUNICATION SKILLS: IS THE STUDENT ABLE TO CONVEY IDEAS AND EXPRESS THOUGHTS CLEARLY AND CONCISELY?

YES NO NEEDS WORK N/A

1. COMMUNICATION SKILLS: DOES THE STUDENT PROVIDE ADVANCE NOTIFICATION (ORAL OR WRITTEN) OF PROBLEMS THAT MAY ARISE OR WHEN THEY WON’T BE THERE FOR THEIR SHIFT?

YES NO NEEDS WORK N/A

**STUDENT STRENGTH AND CONDITIONING PROGRAM**

**Strength and Conditioning Specialist: PLEASE COMMENT ON THE FOLLOWING AREAS**

1. STRENGTHS OF THE STUDENT VOLUNTEER:
2. IMPROVEMENTS THAT CAN BE MADE FOR NEXT SEMESTER OR UPON GRADUATION:
3. GOALS FOR NEXT SEMESTER OR AFTER GRADUATION (WHAT YOU THINK THEIR NEXT STEP SHOULD BE):
4. ADDITIONAL COMMENTS OR CONCERNS:

SIGNATURES:

S&C Specialist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Director of Strength and Conditioning\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Strength and Conditioning Clinical Coordinator \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE \_\_\_\_\_\_\_\_\_\_\_\_\_

**\*\*\*ALL OF THE ABOVE IS SUBJECT TO CHANGE\*\*\***