

UNIVERSITY OF WYOMING ATHLETIC DEPARTMENT SPORTS PERFORMANCE POLICIES & PROCEDURES

I. Department Overview

Mission Statement:

The University of Wyoming Sports Performance staff recognizes each UW student-athlete will spend a large amount of their undergraduate experience training and preparing for their sport. We will enrich their experience with our expertise and abilities.

Our mission is to provide competitive student-athletes the means to train consistently, sensibly and systematically over designated periods of time in a safe, clean and professional environment in order to improve athletic performance, build confidence and diminish the likelihood of injury. Our programs utilize sport specific, scientifically grounded training methods in a year-round training cycle. Sports Performance Coaches will also interact and collaborate with UW sport coaches, sports medicine, equipment and sport nutrition staff. This will facilitate the individuals as well as a team's ability to be competitive in conference, regional and national competitions.

Program Objectives for Student-Athletes:

1. Injury Prevention
2. Improve Sport Specific Conditioning & Work Capacity
3. Positively Regulate Body Composition
4. Increase Total Body Athletic Strength & Power
5. Improve Speed, Agility & Movement
6. Improve Mental & Physical Self-esteem
7. Improve Practice & Game Day Performance

II. Department Guidelines

Athletic Department weight rooms will have established hours of operation around team training times. If a student-athlete cannot make the team's training session they must make arrangements with their Sports Performance Coach to train at another time with that coach present. The weight room will not have set hours of business but will be open by appointment. For facility tours and recruit visits, please provide your Sports Performance Coach with 24 hour notice so our staff can meet your visitor.

Different academic schedules such as finals weeks, holidays, spring break and summer sessions may have different hours than during the academic calendar. These hours also coincide with arranged team workouts. Team workouts are scheduled between the head sport coach and the appropriate Sports Performance Coach and may not be posted. However, all team workouts are scheduled in and updated weekly on the master weight room facility schedule shared among the Sports Performance staff. These team training sessions do not represent open hours for outside student-athletes, faculty and staff to "drop in" and workout. These arranged workouts often

include weekends. **In-season and large roster teams** will be given scheduling priority and special consideration due to facility considerations.

Non-competing student-athletes (e.g., student-athletes that have exhausted their athletic eligibility, student-athletes that have been medically disqualified, etc), alumni and/or current UW faculty/staff will be provided the opportunity to use the High Altitude Performance Center (HAPC) weight room facilities during open weight room hours only with staff approval. Other Athletic Department weight rooms (i.e., AA) may also be utilized when approved by the Sports Performance staff. Each non-competing student-athlete must be currently enrolled at UW and in good academic standing. Alumni must have graduated from UW and/or left in good academic standing with the University. However, current student-athletes will always have priority with regards to facility usage.

Non-competing student-athletes, alumni, and/or current UW faculty/staff **ARE NOT** entitled to any of the UW offered supplements and food afforded to current roster UW student-athletes. These individuals must also sign a waiver of liability release before using the facility. The Sports Performance department reserves the right to suspend facility privileges to any of these individuals for non-compliance.

III. Weight Room Guidelines

The following are applicable to all weight room facilities (HAPC and AA)

Expected Attitude and Demeanor of All Student-Athletes:

- You are expected to be on time.
- You are expected to be prepared for hard, physical work.
- You are expected to be coachable and follow the program as it is designed.
- You are expected to complete each workout with maximum effort and enthusiasm.

Dress Code for Student-Athletes:

Lower body

- All University of Wyoming issued gear is acceptable (e.g., shorts, sweat pants, warm-up pants, spandex pants, etc). If, in the opinion of the Sports Performance staff, a student-athlete is not wearing appropriate clothing (such as shorts that are *too* short) the student-athlete will be asked to go change.
- Other acceptable colors to be worn in the facility are (Brown, Gold, Grey, Black, White). Green is never allowed.
- Athletic shoes and socks are mandatory. No open toe shoes, sandals, deck shoes are allowed.
- Generally it is unacceptable to wear clothing that supports other NCAA universities.
 - Exception: It is acceptable to wear clothing from a Regional or National NCAA Competition that lists other universities.
- It is unacceptable to wear clothing that contains profanity or degrading commentary/graphics.

Upper body

- University issued T-Shirts preferred. Other acceptable colors to be worn in the weight room are (Brown, Gold, Grey, Black, White). Green is never allowed.
- Generally it is unacceptable to wear clothing that supports other NCAA universities.
 - Exception: It is acceptable to wear clothing from a Regional or National NCAA Competition that lists other universities.
- It is unacceptable to wear clothing that contains profanity or degrading commentary/graphics.

Cell Phones/Smart Phones/AirPods/Earbuds/Head Phones:

- AirPods/earbuds and head phones are for the cardio training area only. They are not allowed on the weight room floor (to be used during lifting sessions). Phones may be used in the weight room for an App-based workout provided by the Sports Performance staff.

Illness/Injury Issues:

- Communication is the key!
- Any pre-existing injuries must be made known to the Sports Performance and Sports Medicine staff responsible for your sport prior to engaging in lifting/conditioning activities.
- All student-athletes must be medically cleared by UW Sports Medicine staff prior to engaging in lifting/conditioning activities.
- If you are NOT on an injury report, you are expected to be 100% full go! Only UW Sports Medicine will excuse you from a training session for an injury or illness.
- If you bring an undiagnosed injury into the weight room, you will be placed on the injury report.
- If you are sick, it is your job to report to Sports Medicine prior to your scheduled workout.
- Only a UW Sports Performance coach is allowed to modify workouts. STUDENT-ATHLETES ARE NOT ALLOWED TO MODIFY THEIR WORKOUTS!
- If you are ever injured during a workout, notify a UW Sports Performance coach immediately.

Other Important Notes:

- All student-athletes must be on an official NCAA squad list and be certified for participation in athletically-related activities by the UW Compliance Office prior to engaging in any lifting/conditioning activities or using any weight room.
- Always check equipment before you use it to ensure it is not broken or unsafe. If you find broken equipment, report it to the Sports Performance staff immediately.
- If equipment breaks while you use it, report it to the Sports Performance staff immediately. YOU WILL NOT BE IN TROUBLE! We want to prevent any injuries from lifting on broken equipment.
- Always use a spotter when lifting.
- Always use collars and properly set safety pins when training.
- Never attempt an exercise or drill that is beyond your physical ability.

- Always return plates, bars, collars, belts, straps and other equipment to their proper place. Help keep your facilities clean and organized by picking up after yourself and others.
- Only the Sports Performance staff will play music. If you would like to request music, ask a coach to do so. The coach will do so **ONLY** when time and workouts allow so. No music with profanity will be allowed.
- No friends, roommates or other non-authorized persons are allowed in the athletic weight rooms!

IV. Sports Performance Basic Tenants

- *RESPECT THE SPORTS PERFORMANCE STAFF.*
- *RESPECT YOUR TEAMMATES AND YOURSELF.*
- *RESPECT ALL OF THE FACILITIES.*
- *HONOR WYOMING WITH YOUR GREAT EFFORT & ATTITUDE.*

V. Sports Performance/Sports Nutrition Staff

Sports Performance - Primary Sport Coverage:

1. Basketball (Men)	Jimmy Edel
2. Basketball (Women)	Mike Cotterman
3. Football	Eric Donoval, Victor Evans, Robert Marco, Gaines Jordan and Adam Lange
4. Golf (Men and Women)	Austin Pfeffer
5. Soccer	Austin Pfeffer
6. Swimming (Men and Women)	TBD
7. Diving (Men and Women)	TBD
8. Tennis	TBD
9. Track – Sprinters/Hurdlers/Multi's/M.D. (M and W)	Josh Little
10. Track – Throwers (Men and Women)	Paul Barrett/Josh Little
11. Cross Country (Men and Women)	Josh Little
12. Volleyball	Jimmy Edel
13. Wrestling	Josh Little
14. Rodeo and Spirit Squad	Oscar Martinez

Sports Nutrition:

1. Kevin Goff – Director of Performance Dietetics for Football
2. Megan Skinner – Director of Performance Dietetics for Olympic Sports

UNIVERSITY OF WYOMING
Weight Room Release Agreement

I, the undersigned, acknowledge and understand that I may at times be using University of Wyoming Athletic Department strength and conditioning facilities when no supervisor or employee of the strength and conditioning facilities is present to oversee and instruct me in the use of the strength and conditioning facilities and its equipment.

I acknowledge that I have been advised of the risks involved in the use of the strength and conditioning facilities and its equipment, and I further acknowledge that I have been warned that my use of the strength and conditioning facilities and its equipment, whether supervised or unsupervised, could result in injury or harm to myself, ranging from minor injury to serious injuries such as paralysis or even death. I am aware that such an injury can limit my future life activities, including future earning capacity. Because of the potential dangers and risks I recognize the importance of following all instructions provided and agreed to follow all directions.

I agree to be in good physical condition with no disability, impairment, or ailment that prevents engagement in active or passive exercise that will be detrimental to my health, safety, comfort, or physical condition or that of others. I will not use facilities with any open cuts, abrasions, open sores, infections, maladies with the potential of harm to others, or otherwise in accordance with public health requirements. I agree to modify my workout to conform to the wishes of the University of Wyoming strength and conditioning staff if asked to do so, and I agree to leave the weight room if asked to do so by a member of the University of Wyoming strength and conditioning staff. I also agree that, as a University employee, I am not allowed to use the strength and conditioning facilities during work time, any time spent in the facilities is personal time, and any injury is a private, non-work-related injury.

I hereby grant permission for the University to give or authorize emergency medical treatment, if necessary, and such action by the University shall be subject to the terms of this Agreement. I understand and agree that the University assumes no responsibility for any injury or damage, which might arise out of or in connection with such authorized emergency medical treatment.

consideration of the University of Wyoming, providing me with the opportunity to utilize the strength and conditioning facilities, with and without supervision, I hereby assume all the associated risks and agree to hold the University of Wyoming, its trustees, officers, employees, agents, representatives, instructors, and volunteers and the State of Wyoming harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with such usage and activity. The terms hereof shall serve as a release and assumption of risk for myself, my heirs, estate, executor, administrator, assignees and for all members of my family.

I have read the above statement and fully understand the contents, consequences and implications of signing this document.

Participant's Signature: _____

Name (Printed): _____

Date: _____

Approved for Use of Athletic Department Strength & Conditioning Facilities

Director of Strength and Conditioning: _____

Date: _____

