

OFF-SEASON ATHLETICS PROGRAM (REGULATION)

The off-season athletics program is for athletes whose sport is not in season. The off-season program will be dedicated to preparing athletes for the sports program not currently in season. The program will place emphasis on improving strength, muscular endurance, bone density, tendon-bone strength, and ligament strength. An improvement in flexibility, coordination, mental toughness, and skills of the various sports are also expected.

Agility training, isometrics, long-distance running, sprints, rope jumping, weight lifting, weight training, and skill development for various sports will be among the activities included in the program.

To receive a grade, student athletes must participate in the off-season program prior to and following each sport. Failure to maintain academic grades will result in removal from a team and placement in the off-season program.

Students who leave a sport or who are dismissed from a sport for any reason will be placed in the off-season program. If a student leaves a sport after competition has begun, the student will be placed in the off-season program until the end of the semester, at which time the student will be removed from the athletic program.