

## **ETSU Weightlifting Team Policies and Rules**

### ***Competition performance (Performance Merit)***

#### **1) Maintenance of initial benefits:**

A lifter must qualify for University National Championships within the first 24 months starting from his or her enrollment in school and each year thereafter for him or her to maintain the scholarship that the lifter holds at the time. Note that a failure to qualify for University National Championships does not necessarily mean his or her removal from the team but does mean that his or her scholarship will be reduced or cancelled.

#### **2) Upgrade of benefits:**

- A lifter must qualify for American Open Finals each year after the first 30 months (starting from his or her enrollment in school) to be eligible for a scholarship upgrade and maintain the upgrade. Note that American Open Finals qualification does not guarantee a scholarship upgrade.
- By qualifying for Sr. National Championships, a lifter will become eligible for additional upgrade.
- Qualifying for Sr. Pan-Am Championships, World Championships or Olympics will receive an upgrade to a full ride scholarship.

#### **3) Maintenance of upgraded benefits:**

Maintenance of upgraded benefits is subject to compliance with the other policies as listed below as well as maintaining the level of performance that resulted in the upgrade (e.g. qualifying for University Nationals, American Open Finals, Sr. Nationals, and an international team).

### ***Compliance***

#### **1) Academics**

Education is an important part of our weightlifting program. In fact, scholarship implies that the funding is contingent on a lifter's academic performance as well. All lifters must attend class unless they have a proper reason to be excused. Each lifter must have an excuse note signed by a course instructor to be excused for travelling to a competition. A failure to maintain GPA at or above 2.5 will result in probation. Another failure to maintain during probation will result in termination of scholarship. Any reports from a course instructor regarding a lifter's academic conducts will be considered as part of scholarship evaluation.

#### **2) Competition Performance Preparation**

A lifer must follow all details of a training program as designed and implemented by the

coaching staff and any instructions provided by a coach in an effort to improve any aspects of competition preparation including but are not limited to the list below. This means to 1) perform anything a coach instructs to do AND 2) avoid anything a coach instructs NOT to do or 3) has yet to instruct to do.

List of major aspects of competition preparation

- Exercises and techniques
- Effort - the lack of effort is regarded as unwillingness to comply (e.g. alterations of an exercise rather than deterioration due to fatigue and failed execution)
- Resting and recovery strategies
- Injury prevention and treatment strategies
- Body weight
- Preservation of the best environment for muscle and nervous system adaptations (e.g. no physical activities outside our program)

3) USAW club and coach

Each lifter must have Stoneage Weightlifting Club as their USAW club and their assigned coach as the primary coach. A failure to comply will result in suspension of the lifter from competition until the issue is resolved.

4) Instructions, guidance, and directions from the team staff during and outside a training and practice session

A lifter must follow all instructions, guidance, and directions from the team staff outside a training and practice session as they pertain to the organization, operation, order, representation, and development of the program. Major aspects of instructions, guidance, and directions include but are not limited to:

- Punctuality  
Being late to a scheduled appointment (e.g. training/practice, meeting, and travelling to a competition) defined as the absence of a lifter for no longer than the first 30 min of the appointment results in a disciplinary action such as cleaning. The disciplinary action can become greater in scale as the number of occurrences accumulates. Once a lifter is late more than 3 times within a semester or period as defined by ETSU academic calendar, the lifter will be placed on probation thereafter and for the following semester/period. If the lifter manages to be late more than 3 times during probation, the lifter's scholarship will be reduced and the probation will continue until improvement is observed for a semester/period.

Missing a scheduled appointment is defined as the absence of a lifter for longer than the first 30 min of the appointment. If the appointment is scheduled to be less than 30 min, a failure to attend by the end time of the appointment will be regarded as missing a scheduled appointment. Missing a scheduled appointment more than 2 times will result in probation thereafter and for the following semester/period. If the lifter manages to miss more than 2 scheduled appointment during probation, the lifter's scholarship will be

reduced and the probation will continue until improvement is observed for a semester/period.

- Training, Practice, Competition, and Travel Manners and Behaviors

**Sharing equipment:** All lifters must share any training equipment used for training and practice unless there is an equally reasonable alternative option that un-necessitates sharing. It is, however, a lifter's responsibility to inquire about sharing.

**Respecting Teammates:** All lifters training together should respect each other while performing a lift and are expected to encourage each other.

**Language and behaviors:** Any language and behaviors offensive to a member of the program (e.g. teammate, staff member, and sponsor/donor/contributor) and to the public must not be used. A lifter may be placed on probation for a severe case and the lifter's scholarship will be reduced or terminated if another severe case is reported during probation. The probation will continue until improvement is observed for a semester/period.

**Cell phone:** Use of a cell phone is strictly limited to playing music (more on this below) and recording lifts during a training/practice session. A frequent offender will be subjected to a disciplinary action (e.g. cleaning) and probation. The lack of significant improvement during probation will result in reduced scholarship.

**Playing Music during Training/Practice Session:** Music can be played using the provided stereo in the weightroom or can be listened to using blue tooth ear phones or head phones so long as the volume is not too loud for effective oral communications in the room. If blue tooth ear phones or head phones are to be used to listen to music, the playing cell phone must remain in a corner of the room or the lifter's cubby.

- Training Gear

All lifters must wear training gear that meets the following. No hat of any kind is allowed with the exception of a stocking cap (e.g. beanie) on cold days.

Tight fitting bottom with the exception of cold days when the provided warm-ups can be worn.

Apparel that DOES NOT represent other universities or weightlifting programs.

- Competition gear

All lifters must wear competition gear that meets the following during competition:

A singlet provided by our program

A warm-up (top and bottom) provided by our program

## 5) Monitoring

Each lifter is required to participate in monitoring. Data obtained from the monitoring will be used for competition preparation and scholarship evaluation. Each lifter must provide the most accurate data possible as instructed. Monitoring includes, but are not limited to, body mass, heart rate, blood pressure, questionnaire, and training log. Lack of sufficient accuracy and sufficient participation ultimately leads to reduction or termination of scholarship because of the lack of sufficient materials to evaluate the lifter.

## 6) Testing

Each lifter is required to participate in assigned testing. Testing results are used to evaluate training outcome and further developing a training program. For example, allometrically scaled peak force is used as one of the criteria for moving a lifter up to the next level of a training program. Lack of compliance and maximal effort ultimately leads to reduction or termination of scholarship because of the lack of sufficient materials to evaluate the lifter.

#### 7) Job

A lifter is allowed to have a part-time job so long as it does not interfere with the lifter's training, practice, and competition within the assigned schedule – i.e. physically and/or mentally fatiguing jobs and/or jobs whose schedules conflict with assigned training/practice/competitions schedules are not allowed. Any jobs must be approved by the coaching staff prior to beginning. An un-approved employment may lead to reduction or termination of scholarship.

#### 8) Supplements

Any supplements, defined as a substance in the form of solid, fluid, or gas manufactured for purposes other than being consumed as part of a meal or snack, must be approved by the coaching staff prior to any use. Note that our definition of supplements are not limited to products that are ingested orally. For example, creams and patches are also considered supplements. Below is a list of supplements that are more likely to be approved granted that it is manufactured by a reputable company. If you are in doubt, always ask first. It is important to remember that a major concern with supplements is contamination of a product with illegal or banned substances. Products often sold for a low price such as those purchased online can have markedly increased risks of contamination and thus are not recommended. For more information on dietary supplements, refer to USADA's guidelines.

Use of illegal or banned substances can have a catastrophic effect on the entire program whether used intentionally or not. A lifter found to have used any substances that are illegal by the local state and/or federal laws and/or banned by USADA are likely to face penalties from multiple entities including but are not limited to the local law enforcement and ETSU. From the ETSU, penalties range from suspension from competition for a period of time to reduced scholarship to terminated scholarship to removal from the team depending on the used substance, extent of use, reason for the use, and after-effects on our program.

#### Likely permissible supplements

- Whey protein (powder)
- Casein protein (powder)
- Egg protein (powder)
- Electrolyte & carbohydrate (powder and drinks)
- Caffeine
- Creatine monohydrate
- Fish oil (omega 3 and 6 fatty acids)
- NSAIDs
- Vitamins
- Minerals

## Code of Conduct

### 1) Public Appearance

Any appearances, regardless of the type of platform (e.g. social media and a public place in person), must represent the program well. No training videos, pictures, or descriptions are posted without approval on social media. Any appearances in person must also be approved in advance. Any inappropriate messages (e.g. offensive and/or unethical) provided in or to the public, regardless of the type of platform, can lead to probation immediately and reduced or terminated scholarship in a severe case. Report of another severe case during probation will also lead to reduced scholarship or removal from the team.

### 2) Representing ETSU and the team

Regardless of legality, any behaviors by a member of the team that have potential to harm the reputation and/or operation of ETSU and/or the team can lead to probation immediately and reduced or terminated scholarship in a severe case. Report of another severe case during probation will also lead to reduced or removal from the team.

### 3) Team travel

All members of the team travelling for any matters related to the team must adhere to the following rules.

a) Follow the rules and policies set forth for ETSU student organizations and sport clubs.

b) An athlete must obtain an approval of the coaching staff in order to leave, without any coaching staff, the building in which the travelling members are staying. Whether an approval is given is up to the discretion of the coaching staff on site. It is the athlete's responsibility to deal with any issues that may occur during the time outside the building on their own. An approval is unlikely without information on the purpose of leaving the building, the destination, other individuals to be with, means of transportation, and expected time of return. An athlete must provide the most accurate information in as much detail as possible to the coaching staff in order to be considered for an approval.

c) An athlete must attend all team activities unless an approval by the coaching staff has been given for absence.

d) All members of the team must stay in their assigned rooms unless an approval for a change by the coaching staff has been given.

e) All members who are sharing a room must respect each other for privacy and necessary rest.

f) No gambling, consumption of illicit drug (refer to the supplement section) or alcohol, or other illicit activity.

Violation of any of the above rules will lead to probation with possible restrictions on the lifter's activities and/or additional obligations. Further violation during probation will result in reduced travel compensation. However, probation may be skipped in a severe case such as cases

deemed to negatively impact competition performance of a lifter of the team including him or herself.

#### 4) Team captains

Three individuals who are likely to be active members of the team for at least one year from the time of appointment are appointed as the captain and two assistant captains. While not required, it is desirable for the three individuals to have one year or more of experience on the team. Moreover, among the three are one male lifter and one female lifter unless there is no other current members deemed eligible and capable of such responsibilities. The three individuals are to work together while led by the captain under the direction of the coaching staff in order to act as an example and keep the order, the dynamics, and the operation of the team effective for enhancement of each lifter and to assist the coaching staff in various tasks. The other team lifters are to respect and follow instructions given by the three individuals. Any behaviors against the three individuals are considered to be equivalent to behaviors against the coaching staff and will be subject to a penalty (below). However, the three individuals must only use their power for the benefits of the entire team and not use for their own sake or for the benefits of a subset of the team. Any mis-use of the power by any of the three individuals will result in a penalty (below). The appointment for the next captain(s) will be determined based on recommendations from the coaching staff, the director of the center of excellence for sport science and coach education, the training and performance supervisor, and the current captains and/or the last captains if one or more captain positions are vacant at the time of recommendations.

Penalties for actions/behaviors against team captains

- First violation: weight room cleaning
- Second violation: reduced travel funding
- Third violation: reduced scholarship
- Fourth violation: removal from the team

Penalties for mis-use of the power by captains

- First violation: weight room cleaning
- Second violation: reduced travel funding
- Third violation: reduced scholarship and termination of his or her role as a captain

### **Infractions and Disciplinary Actions**

The severity of an infraction of any of the team policies and rules and the resulting disciplinary action will be determined by the coaching staff in conjunction with the head of the CESSCE while considering the unique nature of each infraction.

I have read and understood all the policies and rules in this document.

Print name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_