



Strength & Conditioning Class Policies

NOTICE:

- Failure to abide by any of the class policies will result in dismissal for the day at the discretion of the head coach. Depending on severity of infraction or repeat offenses the member may be dismissed from class until further notice.

TARDINESS

- Participants' timely arrival is vital for proper warm-up and injury prevention. Students are required to be ready for class with proper attire before the scheduled start time.
- If a member is more than 10 minutes late without notifying the coach prior, you will not be admitted into class.

GENERAL INFORMATION/ S&C POLICIES

- Bullying is prohibited.
- Profanity is not permitted.
- Punching or kicking another member is not allowed.
- All members are required to participate in class activities or exercises.
- Use of cell phones or other electronic devices are not permitted during class.
- Members are not allowed on the field or weight room unless a coach is present and allows them to do so.
- Food and drinks, other than water and sports drinks are not allowed during class.
- Members are not allowed to use or touch any equipment unless a coach is present and allows them to do so

ABSENCES

- Participants will be dropped from class if they miss two or more classes in a calendar week without notifying the head coach prior.
- To notify CYC of your child's Absence or Tardiness for this program, email bbuchholz@thebigc.com or call the front office (925) 771-7070

ATTIRE

- Members are required to wear athletic attire; shorts, sweats, t-shirt, etc.
- CYC program shirts are not mandatory for class admission.
- Shoes are required for every class and must be closed toe.
- All participants must also adhere to the CYC general attire guidelines.

Contact Head Coach – Brad Buchholz

Email: bbuchholz@thebigc.com