

Department of Intercollegiate Athletics Policy Manual

XVII. STRENGTH AND CONDITIONING

A. Introduction

University of Iowa strength and conditioning personnel are devoted to designing detailed, sport-specific training programs and coaching all University of Iowa student-athletes to their full potential. The strength and conditioning staff strives for excellence focusing on building personal relationships, training the student-athletes toward increased overall fitness and reducing risk of injury. Strength and conditioning coaches overseeing specific sports delegate responsibility for designing and supervising specific sports' training programs to their staff members. These programs enhance the all around physical condition of student-athletes, concentrating particularly on increasing speed, agility, strength, anaerobic and/or aerobic conditioning.

All University sport teams have access to a strength and conditioning facility on campus. Considered an integral part of participation in intercollegiate athletics, strength and conditioning training is a requirement for all varsity student-athletes, and the staff is committed to offering the best possible training to increase the student-athletes' level of performance.

The strength and conditioning coaches have authority to limit access to the weight rooms and to change operating hours if necessary. Previously scheduled team workouts take priority over individual training, and Head Coaches are responsible for scheduling workout times with strength and conditioning staff and for notifying them of any schedule changes.

B. Weight Rooms

- **Carver-Hawkeye Arena Weight Room** will accommodate the following sports: men's and women's basketball, field hockey, men's and women's golf,

men's and women's gymnastics, volleyball and wrestling. Times are arranged by the Head Coach and strength and conditioning staff.

- **The Recreation Building Weight Room** is open only for specific team workouts and arranged through the Head Coach and strength and conditioning staff and will accommodate the following sports: baseball, softball, men's and women's tennis, men's and women's cross country, and men's and women's track and field.
- **Hansen Football Performance Center Weight Room** is open for football strength and conditioning and is scheduled through the football strength and conditioning office.
- **The Field House Weight Room** will be open for use by the men's and women's swimming and diving and rowing teams. Times will be scheduled by the Head Coach and the strength and conditioning staff.

C. Rules of Conduct

- Weight Rooms are locked unless appropriate staff is present.
- Student-athletes are expected to arrive on time and be prepared to train. Training atmosphere in the strength and conditioning area is the same as practice.
- Individuals are expected to be respectful of their teammates, staff and facility.
- Shoes and shirts must be worn at all times. Only University of Iowa logos and/or gear will be allowed. Hats are not permitted.
- Food, soft drinks and chewing tobacco are not allowed in the Weight Rooms.
- Training programs should be executed exactly as written. Questions should be directed to the strength and conditioning staff.
- Injuries must be reported immediately to the strength and conditioning and athletic training staff. Modifications in workouts due to injuries are discussed with the athletic training staff.
- All equipment should be returned to its proper location. No equipment should leave the facility.
- Student-athletes must contact their coach and/or strength and conditioning staff if they are unable to attend a training session.
- Athletic staff may use the Weight Rooms for personal use provided they do not interfere with team workouts.

D. Discipline

Student-athletes who are late to workouts will be disciplined by the strength and conditioning staff. This discipline will include physical workouts that must be completed after the scheduled team workout. If the severity of actions requires

dismissal from the facility, the Head Coach will be contacted by the strength and conditioning staff.

E. Waivers

University of Iowa weight training facilities are available for use by currently enrolled and eligible student-athletes. With approval by the Director of Athletics or his/her designee, other individuals may be permitted access to Weight Rooms. These individuals may include:

- Former University of Iowa student-athletes;
- Current student-athletes who have completed their eligibility but are still enrolled;
- Individuals specifically approved by the Director of Athletics, including athletic staff.

All individuals listed above must sign the [Weight Room Liability Release Form](#) releasing The University of Iowa Department of Intercollegiate Athletics and staff from liability.