

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

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Strength and Conditioning Guidelines

1. Conditioning periods should be phased in gradually and progressively to minimize risk of injury during transitional periods. Also, introduce new conditioning activities gradually, especially during the early stages of a conditioning period.
2. Exercise and conditioning activities should be consistent with daily training and are not permitted to be used as punishment or put the student athlete's physical, social, or psychological health at risk.
3. Requires appropriate supervision by administratively approved certified staff member (i.e. Coach certified in CPR/first aid with education on the prevention of sport injury, or an athletic trainer on-site)
4. All participants are required to have an up-to-date physical on file while involved in organized strength and conditioning sessions.