

Kerrville I.S.D. Athletic Philosophy

The total athletic program maintains a broad scope that offers all students with athletic interest the opportunity for safe, wholesome, beneficial participation in the sport(s) of their choice. This philosophy is based on the concept that there is a need for physical development and fitness for every student, as well as, a variance of interest, abilities, and desires. The emphasis is placed on total effort with winning secondary. When we develop attitudes of total effort, we win regardless of the outcome because personal satisfaction of giving total effort makes us all winners.

Philosophy and Objectives

The Kerrville ISD is vitally interested in the welfare and development of every middle school student athlete. We believe a properly administered athletic program enhances the overall education of all students. The middle school program takes into consideration the substantial range in individual differences among students of this age (i.e. body build, interests, ability, experience, health, stages of physiological, emotional, and social maturity). Our primary emphasis is exploratory rather than specialization and what is best for the greatest number of participants. The objectives of the middle school athletic program are:

1. To conduct the athletic program so that educational objectives shall be achieved.
2. That the highest ideals of sportsmanship are upheld.
3. That no single phase of the athletic program is promoted at the expense of others.
4. To provide broad and varied athletic programs with an opportunity for equitable competition for all students. A desirable program involves participation in competition at several ability levels.
5. To integrate the athletic program with all other activities essential to middle school youth, avoiding excessive activity load for any student.
6. To require that participants are properly examined, approved, equipped, classified, instructed, and supervised.
7. To administer the program so that there is minimum loss of school time.
8. To provide qualified faculty leadership that understands the adolescent age group, the objective of this modified sports program, and the emphasis on safety and welfare of the student.
9. To foster proper respect for authority and avoidance of all undesirable athletic mannerisms.
10. To compete within the spirit of the rules; to give every opponent due credit and respect; and to make every effort to be gracious in victory or defeat.
11. To give each student athlete a foundation in the fundamentals that will enable him/her to fit into a program at the high school.

Sports Offered At Hal Peterson

Boys – Football, Basketball, Tennis, Track, and Cross Country

Girls – Volleyball, Basketball, Tennis, Track, and Cross Country

Beginning Dates of Each Sport:

Football – 1st Day of School

Volleyball – 1st Day of School

Tennis – 1st Day of School

Cross Country – 1st Day of School

Boys Basketball – The Monday following the last football game

Girls Basketball – The Monday following the last volleyball game

Track – The Monday following the last basketball game

Tryout, cuts, and team selections will vary from sport to sport, depending on the number of players needed to fill a team and the number of coaches we have for each sport.

Basic work out clothing – T-shirt and shorts are purchased from the athletic department by the athlete at cost. All other equipment is provided by the athletic department.

Physicals – Each student is required to have a physical before they participate in any practice/contest. The athletic department provides the student with an opportunity to receive a physical for a minimal fee. If the student does not wish to take advantage of this opportunity, he/she may receive a physical from their own physician.

Lost Items – During the course of a season there are items issued to the athlete for his/her use. If these items are lost or destroyed the athlete is held responsible for the cost of replenishing the item. Example: if the track team is issued sweats and an athlete loses his sweat top he/she must pay to have it replaced.

Role of the Middle School Staff, Athlete, and Parent

A. Middle School Coordinator

The middle school campus has one coach assigned as a liaison person between the middle school athletic program and the athletic director. The Middle School Coordinator (MSC) oversees all area of the middle school athletic program. The MSC is not assigned a coaching duty, rather supervises all coaches within the program. The MSC serves as the liaison between middle school athletics and high school athletics to ensure an aligned curriculum and philosophy. The MSC oversees all middle school practices, schedules, consequences, and day-to-day operations. The MSC serves as the mediator should problems arise between parent and coach. Also, the MSC aides in the evaluation process of the middle school athletic staff.

B. Coach

1. Communicate with parents.
2. Demonstrate a thorough knowledge of his/her sport.
3. Provide a safe and wholesome atmosphere so that each athlete may develop to the best of his ability.
4. Demonstrate honesty at all times.
5. Provide leadership and training necessary to achieve our team goals.
6. Assist athletes to pass all classes.
7. Treat the athlete as a young adult and help them mature into a young man/woman.
8. Make all decisions predicated on what is best for the team first and then what is best for the individual second.
9. Supports all UIL, TEA and Kerrville ISD rules, regulation and policies governing athletics and in particular, his/her sport.
10. Prepare and organize in-season and off-season daily practice with a written plan so maximum instruction is presented.
11. Earn respect by dealing professionally in matters of appearance, manners, behavior, language, and interest.
12. Develop favorable public relations with parents, community groups, teachers, officials, and news media to solicit understanding and support for Kerrville athletics.
13. Assure the eligibility of all participants in his/her sport and the handling of the necessary eligibility forms through the principal's office.
14. Supervise players at home events and road events until they have dressed and left the school buildings.
15. Teach excellence in all they do.
16. Teach the development of proper mental attitude.

C. Parent

Parents should strive to help their son or daughter achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their fullest potential. Supportive parents can instill this desire in student athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

Other supportive behaviors include:

1. Insist on good grades.
2. Support your child, the coaching staff, and the school through actions and words.
3. Encourage your athlete to give his/her best at all times.
4. Model appropriate behaviors.
5. Make your student athlete accountable for his/her choices.
6. Involve yourself as much as you can in our athletic program and school functions.
7. Demonstrate honesty at all times.

D. Athlete

1. Academics come first; athletics second.
2. Give unselfish love towards your teammates and coaches.
3. Work to the maximum of your abilities at all times.
4. Demonstrate honesty at all time.
5. Never criticize or put down a teammate, always praise and help instead.
6. Allow the coach to teach you.
7. Work to play, and not play a position.
8. Be extremely loyal to your teammates, coaches, family, and friends.
9. Show proper respect to coaches, teachers, administrators, parents, and adults at all times.
10. Be prompt for all meetings and workouts.

Research indicates a student involved in extracurricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful student athlete are exactly those that will promote a successful life after high school. As a coaching staff, we will emphasize to athletes, at all levels of competition, the realization that athletic competition is a privilege that carries additional responsibilities. Some of these responsibilities are: (1) loyalty, (2) eligibility, (3) honesty, (4) perseverance, (5) improvement, (6) commitment to excellence, and (7) self-discipline.

Communication Between Parents and Coaches

Parenting and coaching can be rewarding yet difficult. By establishing and understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of the child's program.

Communication you should expect from your student's coach:

1. Philosophy of the coach
2. Locations and times of practices and contests
3. Team requirements (e.g., practices, special equipment, out-of-season conditioning)

Communication coaches expect from parents:

1. Any questions or concerns express directly to the coach
2. Advance notification of any schedule conflicts.

As your child becomes involved in the programs in Kerrville ISD, he/she will experience some of the most rewarding, as well as some of the most difficult moments of his/her life. It is important to understand there may be times when things do not go the way you or your child wish. At these times, open discussion with the coach is encouraged. Examples of these situations include academic concerns, the treatment of your child, ways to help your child improve, and concerns about your child's attitude. It is the coach's discretion to make all decisions regarding playing time and/or position, regardless of the score of the game or the relationship to the student athlete's parents. Coaches are professionals and make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain concerns can be and should be discussed with you child's coach. Other concerns should be left to the discretion of the coach. Specific concerns not to discuss include team strategy and other student athletes.

When conferences are necessary, the following procedures promote resolution:

1. Do not confront a coach before or after a contest or practice. The number one responsibility is to the team; therefore, this is not the proper time for any discussion. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
2. Do call the coach to set up an appointment.
3. If the coach cannot be reached, call the Middle School Coordinator who will arrange the meeting.
4. If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Middle School Coordinator.
5. If you are still not satisfied, the next step is to set up an appointment with the Middle School principal and then, if needed, the District Athletic Director.

Hal Peterson Practices

Practice times and the lengths of practices vary from sport to sport and day to day. It is up to the coach of each team to make the parents aware of when practices start and when they end. All practices should be over no later than 6:00 pm.

All practices normally consist of a warm up segment(s), individual skills segment(s), group work segment(s), and then team segments. Most practices fall into this format, but from time to time it may differ. For example; in football, on the day before a game the coaches might just walk the players thru their specialty teams. The format for each days practice is a decision the coaching staff will make on a day to day basis.

All practices are normally broken into 5 minute segments, and coordinated between coaches and teams in this manner. This does not mean every five minutes the athlete is doing something different. This just keeps everyone moving at the same pace.

Requirements to Participate

Parents must complete the following items to the Middle School Athletic Department before their child is allowed to participate in any practice or game or in any extracurricular athletic activity:

1. **Physical Examination**
A physical examination is required every year beginning in the 7th grade. The physical form is available from the athletic trainer or the coaches. Use only the approved UIL form to record physical examinations. Club or organization forms are not accepted. The physical covers all sports for the year. A group physical will be scheduled by the athletic trainer during May of the preceding school year for all athletes.
2. **Athletic Department Forms Packet**
This packet includes: (1) UIL Acknowledgment of Rules; (2) consent to emergency medical treatment; (3) personal student and parent information; (4) a medical history; (5) UIL Steroid Notification; (6) Acknowledgement of Hal Peterson Athletic Handbook; and (7) Emergency Card.
3. **Acknowledgement of Hal Peterson Athletic Handbook**
The Acknowledgement Form is signed by the student athlete and the parent/guardian. The signature represents receipt of the Athletic Handbook and acknowledges that the student-athlete and parent/guardian understands the rules and policies contained in the Athletic Handbook.

Hal Peterson Drills

All drills scheduled by the middle school staff have been approved, designed with explanation/purpose, and taught to the middle school coaches by the Athletic director and the High School Coaching Staff. A Middle School coach or the Middle School coordinator will not use a drill until it is approved by the Athletic Director. A Middle School coach will not use a drill for any reason except for instructional purposes. Drills teach athletes how to prepare for game situations. Examples of our drills and the format used can be found in Appendix C.

Hal Peterson Game Schedule

Transportation

Coaches take attendance each and every time the bus is loaded and or reloaded. This includes departure to and from an event, departure from any stop during a trip, and at arrival to destination.

1. Parents receive complete game schedules before the season and parents may also refer to KISD website.
2. Students who participate in school-sponsored trips shall be required to ride in transportation provided by the school to and from the event. Exceptions may be made if the student's parent or guardian personally requests that the student be allowed to ride with the parent or presents a written request to the principal or designee prior to the scheduled trip that the student be allowed to ride with an adult designated by the parent. The District shall not be liable for any injuries that occur to students riding in vehicles that are not provided by the school and must provide a signed KISD waiver that releases the district from any potential legal action for injury (FMG Local).
3. On all home games, student athletes are driven from the Middle School to the playing field and back to the Middle School.
4. As long as a student is at an athletic event he/she will sit with the team. A parent who signs a student out should be leaving the contest with his/her child.

Emergency Information

Each parent is required to complete an emergency card. This emergency card is kept on file at the middle school and will be taken to all out of town athletic events.

Appendix A

According to University Interscholastic League rules, athletics is a privilege, not a right. Only those students who abide by school and athletic policies are allowed to represent Kerrville I.S.D.

When young men and young women sign up for athletics and become a member of a team, they make a commitment. They are obligated to follow the rules and regulations of the program. They are not forced to participate. Participation is voluntary; therefore, the expectation is for student athletes to follow rules of order.

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The school administrators and coaching staff feel strongly that high standards of conduct and citizenship are essential to maintaining a sound program of athletics. The welfare of the student is the major consideration and transcends any other consideration. Student athletes represent their school and the community. We hold student athletes to higher standards of behavior than those specified in the Student Code of Conduct. Violations of the athletic policy that are also violations of the Student Code of Conduct may result in independent disciplinary actions by the Athletic Department. This would include summer, as well as the school year. Any non-school related criminal activity or unsportsmanlike or disrespectful behavior by an athlete, as deemed by any K.I.S.D. official or law enforcement, is not tolerated. Conduct of this nature will result in disciplinary action. Serious or repeated offenses may result in removal from the team or athletic program.

Appendix B

- 1. COACHES' RULE** Coaches may establish additional rules and regulations with the approval of the Athletic Director or Middle School Coordinator for their respective sports. Coaches review the behavioral expectations with the student athletes at the start of the season. Consequences for violation of team rules shall be administered by the coach.
- 2. DISCIPLINE** Each situation requires a different type of consequence. The purpose of the chosen consequence is to help athletes improve themselves, and to become better persons. Failure to accept this on the part of the athlete or parent/guardian may result in dismissal from the team and/or
- 3. GAME CONDUCT** If a student athlete engages in a fight before or during a competition, he/she receives a suspension for the remainder of that competition. A suspension is also given to any student=athlete who engages in unsportsmanlike conduct, as deemed by the head coach or any IISD official, before or during a competition. Furthermore, suspensions include any student-athlete who verbally or physically abuses an official before or during a competition. Any student-athlete who engages in any of the above activities after a contest is subject to disciplinary action for the next contest(s). Depending on the seriousness of the above incident(s), the student-athlete could face further suspension from future contests or removal from the team or athletic program.
- 4. ATTENDANCE** Be in class. Be on time. If a student athlete must miss an athletic period or
- 5. SQUAD SELECTION** In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as possible without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors place limitations on the most effective squad size for any particular sport.
- 6. CUTTING** Choosing members of athletic squads is the sole responsibility of the coaches of those squads. Prior to trying out, the coach provides the following information to all candidates for the team:

 1. Extent of tryout period
 2. Criteria used to select the team
 3. Number to be selected
 4. Practice commitment if they make the team
 5. Game commitments
- 7. INJURY OR ILLNESS** We have two professional, capable athletic trainers. If you have an injury, tell one of your coaches and they will make sure you see one of the trainers. Trainers either treat you or refer you to a physician. If you must leave school because of illness, contact one of your coaches or have the office get a note to the coordinator. If you are ill or injured, we don't expect you to work out, but if you are at school, we expect you to wear the

uniform of the day and accompany your group or team unless given special permission by your head coach or the trainer.

8. RESPECT

Coaches expect student athletes to respond with “Yes Sir/Ma’am,” “No Sir/Ma’am.” We also expect our coaches to treat players with the same respect. Show respect for the opposing players, coaches, officials, spectators and support groups. Treat others as you would want to be treated.

9. PROMPTNESS

Always be on time. On trips, the bus does not wait. After the final bell rings, you do not have time to waste; go directly to the field house. Tardiness may result in disciplinary action.

**10. DISCIPLINARY
REMOVAL**

If it becomes necessary to consider removing a student from a team or the athletic program, the coach of that team will notify the Middle School Coordinator. The student will have an opportunity to confer with the coach and the Coordinator. Parents will receive notification and be invited to attend the conference.

11. DRESS

Athletes should be very professional in uniform and out. Athletes’ appearance away from the field house or gym, especially at school, should reflect the same class and pride that you show in our program. Everyone will wear his/her uniform in the same manner. Men and women wear attire as requested by the head coach.

For male athletes:

1. earrings are not acceptable at any time on or around any athletic facilities.
2. if the length of your hair becomes too long, you will be asked to get it cut. Hair in the back will not come down any further than the middle of a regular collar. The hair in the front will not come down any farther than the bottom of the eyebrows. Hair may not be tied in the back in any form or fashion. Hair that is shaved on the side may not be shaved more than 1 inch above where the ear attaches to the head, nor will tails of any kind be acceptable.
3. facial hair is not allowed.

For all athletes:

1. no streaks or lines cut in the hair of any kind (e.g. names, #'s, etc.) are not acceptable.
2. do not do anything with your hair or dress that will call attention to you, or anything that is not reasonable, or that would cause embarrassment to you, your teammates, your coaches or your school.

12. QUITTING

Anyone quitting a sport after a trial period (usually after the first contest) is not allowed to participate in another sport until the season of the sport quit is completed or unless the head coaches of both sports agree that the student would be better off in the other sport. The Middle School Coordinator may at his discretion make an exception to this rule when an event outside the control of the athlete or his/her

family causes the athlete to drop a sport. A clear understanding is to be reached by the Coordinator and the athlete at the time the sport is dropped. Anyone walking off the field or gym floor during a practice or game will be considered by the coach to have quit that team.

13. CONFLICTS

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about participation in too many activities where conflicts are bound to happen. It also means immediately notifying the faculty sponsors and coaches involved when a conflict does arise. When a conflict arises, the sponsors and coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal and middle school coordinator will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed the decision, he/she will not be penalized in any way by either faculty sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

14. MULTIPLE SPORTS

Athletes are encouraged to participate in more than one sport; however, eligibility to participate in a particular sport will not be based upon participation in a second sport. Student athletes who attempt to participate in multiple sports whose seasons overlap may create schedule conflicts. When and if conflicts arise, the coaches of the sports will work out a solution. If a solution cannot be found, then the Athletic Director will make a decision.

15. EQUIPMENT

Athletes are to hang up your equipment in your locker and clean it. Do not track mud and dirt into the dressing rooms. Therefore, take off cleated shoes before entering the dressing rooms. When our athletes change into workout gear, he/she is to hang up clothes in his/her locker and lock up all valuables. Latrines and toilets are to be flushed and showers and faucets turned off completely. All Trash should be thrown in a trash can, especially soda cans. Clean up in and around the lockers each day.

16. TRAVEL

All athletes represent the community, school and coaches. Therefore, it is expected that all will dress in an acceptable manner on trips and

conduct themselves in a proper manner. When missing classes because of an athletic event, it is the responsibility of the athlete to see his/her teacher the day before the missed classes. All work shall be made up at the convenience of the teacher. All athletes making a trip on the bus will return on the bus unless in an emergency situation or when parents are present and there is good reason for returning with them. This must be cleared with the head coach prior to the trip. Athletes should never return with anyone other than on the bus or with their own parents.

17. VACATIONS

Vacations by athletic team members during a sport season are discouraged and while family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics. We urge parents not to plan their vacations during times when there will be conflicts. In the event of an absence due to a vacation that is unavoidable, an athlete must:

1. Contact the head coach prior to the vacation.
2. Be willing to assume the consequences related to their status on the squad as a starter, 2nd string, 3rd string, etc.

18. CLUB SPORTS

A club is a sports program outside of the school that is not affiliated with UIL athletics. We are very fortunate to live in a community where the middle school can be the main focus. We feel our athletes' obligations are to their school team first. We will not excuse our athletes to miss a school contest or practice for a club event.

19. DRUGS AND ALCOHOL

Exemplary behavior is expected of athletes under the jurisdiction and sponsorship of KISD schools and the KISD athletic department. There is no acceptable reason for alcohol or illegal substances to be used by any student-athlete in our athletic programs at any time during the calendar year, nor are there acceptable reasons for KISD student-athletes to be present where illegal or controlled substance activities occur at any time during the calendar year. Any athlete found to be involved with controlled or illegal substances, through confession, legal or disciplinary chargeable events, will adhere to the following consequence progression (in addition to disciplinary or legal consequences that may apply). This policy is cumulative for grades 7-12.

FIRST OFFENSE

Suspension from participation and/or punishment, as determined by the head coach and middle school coordinator. The student will remain in the program, but may not participate in any contest during the suspension.

SECOND OFFENSE

Immediate dismissal from the athletic program for one calendar year from the time of removal.

THIRD OFFENSE

Immediate dismissal from the athletic program for the remainder of the student's KISD athletic career. After two years, the student-athlete may seek reinstatement by approval of the athletic director, principal and head coach of the sport(s).

NOTE:

If a student athlete is subsequently cleared of charges and no action (disciplinary or legal) results, the student-athlete may be reinstated immediately into the athletic program if the KISD administration determines there were no violation of rules.

20. STEALING

Taking things that do not belong to you is not tolerated. An athlete caught stealing may be suspended and/or punished at the discretion of the coach, Middle School Coordinator and Principal. Depending on the seriousness of the offense, and athlete may also be prosecuted by the law. This also involves school equipment not returned after the season is complete.

21. Eligibility

1. A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state approved courses:
 - a. Beginning the ninth grade year – must have been promoted from the eighth grade to the ninth;
 - b. Beginning the tenth grade year – must have a least five credits toward graduation;
 - c. Beginning the eleventh grade – must have at least ten credits toward graduation or during the preceding 12 months, he must have earned 5 credits;
 - d. Beginning the twelfth grade – must have 15 credits toward graduation or during the preceding 12 months, he must have earned 5 credits.
2. In order to be eligible to participate in an extracurricular activity event for a six weeks period following the initial six weeks period of a school year, a student must not have a recorded grade average lower than 70 nine any course for the preceding six/nine weeks.
3. A student whose grade average in any course is lower than 70 at the end of the grading period shall be suspended from competition in extracurricular activities for a period of six/nine weeks, except that the student may regain eligibility after a three week evaluation period provided the student is passing all course work with an average of 70 or above.
4. A student who has been suspended from extracurricular activity events may continue to practice after school but may not travel with the team or sit with the team on the bench.
5. A student suspended from extracurricular activity competition may regain their eligibility by:
 - a. Having a 70 average or more in all courses at the end of a three week evaluation period.
 - b. Having a 70 average or more in all courses at the end of the grading period.
6. A student receiving an incomplete in a course is considered ineligible until the incomplete is replaced with a passing grade for the grading period.
7. A student who fails a course with a grade lower than 70 becomes ineligible seven days after the last day of the six/nine week grading period. A student who regains their eligibility at the end of a grading period or evaluation period does not become eligible until seven days after the end of the grading period.
8. All students are eligible during Christmas break.

Appendix C

Football Drills

The following pages provide parents/guardians and the student athlete with proper examples of football related middle school drills. The pages are not exhaustive but are provided to further explain the proper use of drills including but not limited to the drill objective, purpose, and procedure. A parent/guardian having questions pertaining to a specific drill utilized in any practice should utilize the procedures outlined in the handbook to contact the appropriate team coach.

Example Practice Plan

Coach Jones Team – 8th Grade A Positions – Receivers/Secondary Day – Wed. Date – Oct. 1st

Segment	Position	Drill
1	Secondary	Stretch/form run/warm up routine
2	Secondary	Fit Drill
3	Secondary	Sideline Tackle
4	Secondary	Open Field Tackle
5	Secondary	Cover 2 on Air/Reading Q.B. movement
6	Team	Specialty/Put Team
7	Team	Specialty/Punt Return
8	Water Break	

After School

1	Secondary/Team	Team Defense/vs. Run and Pass
2	Secondary Team	Team Defense/vs. Run and Pass
3	Secondary/Team	Team Defense/vs. Run and Pass
4	Secondary/Team	Team Defense/vs. Run and Pass
5	Water Break	
6	Receivers/QBs.	Catching Circuit
7	Receivers	Stalk Blocking Drill
8	Receivers	Routes on Air
9	Receivers/QBs.	Routes vs. Press Man
10	Receivers/QBs.	Routes vs. Quarters
11	Water Break	
12	Receivers/Team	Team O
13	Receivers/Team	Team O
14	Receivers/Team	Team O
15	Receivers/Team	Team O
16	Water Break	
17	Team	Weights/Lower Body
18	Team	Weights/Lower Body
19	Team	Weights/Lower Body

