



Our Weight Lifting Family

It's time to update and set some ground rules before summer starts.

Those who choose to train at our club should be:

- Well-mannered and considerate
- Polite
- Respectful to their coaches and fellow teammates
- Helpful and supportive towards to the team
- Follow the Head Coaches program
- Respect the club rules
- No aggressive behavior
- Aim high and grow their talent
- Pay your club fees on time and in full

If you do feel comfortable, relaxed and enjoy the club atmosphere. Based upon the Code of Conduct from many national governing bodies of sport) we don't let the wrong people remain in the club.

Be on time & train twice a week minimum for the beginners. Training once or two times a week will only maintain your strength and fitness. By training three times a week (or more) then you will benefit greatly in strength and fitness.

When you are late and don't give notice you disrupt the training session and warm up routine which must happen at the right time before training starts. It is important for the coach that everyone does this together. This builds team spirit and builds a strong team relationship. As you can see how we arrange the sessions putting people in a group to share the bar.

Follow the club rules, show the coach respect and we will ensure a productive, harmonious weight lifting family atmosphere.

If you are rude to others the penalty is £1 per word and 10 burpees performed after the session. If you skip the penalty for any reason, then it will be double in the next session.

This is for your own benefit and by training regularly, you will reach your highest potential and capability in this sport very soon with club support.

If you have any problems, contact Nicky Yudin.

Thanks

SFTF Head coach
Kazem Panjavi