Student-Athlete Handbook: Strength & Conditioning

STRENGTH AND CONDITIONING

Strength and Conditioning enhances Princeton Tiger Performance by preparing student athletes for functional movement, preventing injury, and challenging them to maximize their potential.

Led by the Associate Head Coach/Director of Strength and Conditioning, the certified assistant strength coaches develop and oversee year-round, sport-specific training regimens. Strength and Conditioning staff communicate constantly with coaches to assure training goals are properly aligned, and with student-athletes to modify training as needed.

Strength and Conditioning staff bring extensive and diverse training backgrounds to Princeton Tiger Performance. All are well-versed in teaching Olympic lifts, traditional power lifts, high intensity training, velocity-based training, testing and evaluation, and other training modalities. Strength and Conditioning staff also collaborate with other Princeton Tiger Performance professionals on sport science including rest and recovery, fueling, pre-exercise screening, and data collection/analytics.

Weight Room Rules and Responsibilities

- All student-athletes must be cleared by the Princeton Athletic Medicine Staff prior to any weight training activity.
- Student-athletes must report any new injuries to the Athletic Medicine Staff prior to continuing any weight training.
- Varsity student-athletes are not permitted to use the facility unless a certified Strength and Conditioning Staff member is present.
- All Athletics staff members must have a partner training with them at all times.
- Proper athletic attire must be worn at all times.
- Dress appropriately for a co-ed training environment.
- Shirts must be worn at all times.
- No hats, cleats or sandals are permitted.
- Appropriate training behavior is expected at all times.
- All personal belongings must be left outside the weight room.
- Princeton University is not responsible for any lost or stolen items.
- All weights must be returned to their appropriate place.
- No gum chewing or use of tobacco products is permitted.
- The use of profanity will not be tolerated.
- Always leave the weight room in its proper state (weights racked, no garbage).

Respectful behavior toward staff members, student-athletes and equipment is required. Failure to follow policies will result in the immediate loss of weight room privileges.