

WEIGHT TRAINING

Better health, well being, and better athletic performance can be a few reasons to weight train. Training provides strength, flexibility, and general mobility. The development of all round strength is best achieved via circuit training and then progressing this through strength training. Weight training is the most widely used and popular method of increasing strength.

A muscle will only strengthen when forced to operate beyond its customary intensity (overload). Overload can be progressed by increasing :

- Resistance e.g. adding 10lb. to the barbell
- Number of repetitions with a particular weight
- Number of sets of the exercise
- Intensity, i.e. reducing the recovery periods

The exercise must be specific to the type of strength required, and is therefore related to the particular demands of the event (specificity). Incorporating movement pattern involved and the type of strength required. Exercises should be identified that will produce the desired development. Although specificity is important, it is necessary in every schedule to include exercises of a general nature –

It is important to warm-up with 10 minutes of some type of cardiovascular exercise, i.e. jogging, bicycling, stair climber, etc.

Types of exercises for different body parts

- Chest: bench press, chest press machine, pushups, pec deck machine
 - Back: seated row machine, back extensions, lat pulldowns
 - Shoulders: overhead press, lateral raise, front raise
 - Biceps: bicep curls, hammer curls, concentration curls
 - Triceps: tricep extensions, dips, kickbacks
 - Quadriceps: Squats, lunges, leg extension and leg press machines
 - Hamstrings: deadlifts, lunges, leg curl machine
 - Calves: calf raises
 - Abdominals: crunches, reverse crunches, oblique twists, pelvic tilts
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- Train only when a qualified coach is present
 - Follow your training schedule
 - Work in pairs - one lifting the other spotting
 - No horseplay
 - Wear the correct clothing and shoes
 - No eating, drinking or smoking
 - No personal stereos with headphones
 - Help and respect other athletes
 - Only athletes who are working out should be in the weight room
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- Perform a minimum of 8 to 10 exercises that train the major muscle groups.
 - Workouts should not be too long.

BASKETBALL

HISTORY: Basketball was originated in 1891 at Springfield College, Massachusetts, by Dr. James Naismith. College games were played immediately, and in contrast to many sports women participated from the beginning. Popularity has grown steadily among men; recently, there has been a rapid growth in women's participation and in international play. Evidence of the sport's current popularity are high school state tournaments, city recreation leagues, college national championship tournaments, professional leagues, and international competition in the World Games, Pan Am Games and Olympic Games.

Assist – a pass to a teammate, which leads to a score.

Back Court – the half of the court containing the opponent's basket.

Backdoor – a cut behind the defender and toward the basket.

Bank Shot – shot that bounces against the backboard and falls into the basket.

Baseline – court boundary lines underneath either basket on both ends of the floor.

Block Out – defensive technique used to prevent an offensive player from getting a rebound.

Boards – term used for getting rebounds.

Charge – push by a player against an opponent in a legal position.

Dead Ball – ball is dead when the whistle is blown and after a field goal.

Defense – team trying to keep the opposing team with the ball from scoring.

Disqualified Player – a player who commits five fouls

Double Dribble – dribbling the ball again after stopping a dribble or dribbling with two hands at the same Time.

Dribble – a player gives impetus to the ball one or more times causing it to bounce off the floor. (May only Dribble with one hand at a time.)

Fast Break – moving the ball up the floor quickly for a score.

Field Goal – successful basket attempt that counts two or three points.

Foul – an infringement of a rule for which one or more free throws are given.

Free Throw – an unguarded shot for a basket made from behind the free throw line within the restraining Circle.

Front Court – is the area of the court between the midcourt line and the basket that you are trying to score.

Goal Tending – a player interfering with the ball or basket, when the ball is on its way downward flight Toward the basket.

High Post – offensive pivot player who stations himself in or near the outer half of the free throw circle.

Jump Ball – putting the ball in play by tossing it up between two opponents in the restraining circle.

Key – free throw lane and circle.

Lane Spaces – where players line up for free throws.

Overtime – period(s) used to break a tied score.

Points – 1, free throw; 2, field goal inside the three point line; 3, field goal from outside the three point Line.

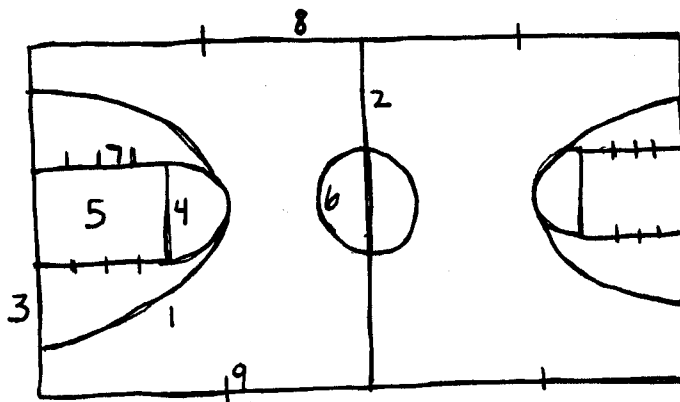
Three Second Lane – part of the free throw lane between the free thrown line and the endline.

Tie Ball – players of opposing teams place one or both hands on the ball at the same time.

Traveling – advancing the ball illegally by running or walking.

Turnover – any loss of possession without a shot being taken.

1. three point line
2. mid court
3. endline or baseline
4. free throw line
5. key or lane
6. center circle
7. lane spaces
8. sidelines
9. quarter court mark



VOLLEYBALL HANDOUT

VOLLEYBALL is a game played by two teams of six players each with an inflated ball on a rectangular court separated into two areas by a net. One team serves the ball over the net, trying to land within the opponent's playing area. The receiving team shall return the ball over the net in such a manner that it will land within the opponent's playing area. Only the serving team scores points.

DEFINITIONS

DEAD BALL is declared dead by an official for one of the following reasons:

- a. The ball is completely across the plane of the net and has passed entirely outside the vertical tape marker.
- b. The ball passes completely under the net.
- c. The ball lands out of bounds.
- d. The ball touches the floor.
- e. The ball touches a player below the waist.

LIVE BALL is one in play, from the moment the ball is contacted for the serve until a dead ball occurs.

FOOT FAULT occurs when a player makes a play while stepping on or beyond a line which defines an area in which that particular player's movement is restricted or prohibited, or when the server while in the act of serving steps on or over a line indicating the serving area.

NET FOUL occurs when a player interferes with an opponent illegally touches the net, or illegally reaches over the net.

LEGAL HIT is contact with the ball by a player's body above and including the waist which does not allow the ball to visibly come to rest, even momentarily.

Setting a play in which the ball is hit up into the air so that another player can get into position to hit the ball.

SPIKING a play in which the ball is hit forcibly into the opponent's court from above the top of the net.

LEGAL SERVE is contact with the ball to initiate play in which the ball is hit by one or both hands, fists or arms of the server while the ball is held or after it has been tossed up into the air by the server. Failure to hit the ball for the serve after swinging at it for an apparent serve constitutes an illegal serve.

OUT-OF-BOUNDS includes outside the boundary lines. The boundary lines themselves are not out-of-bounds.

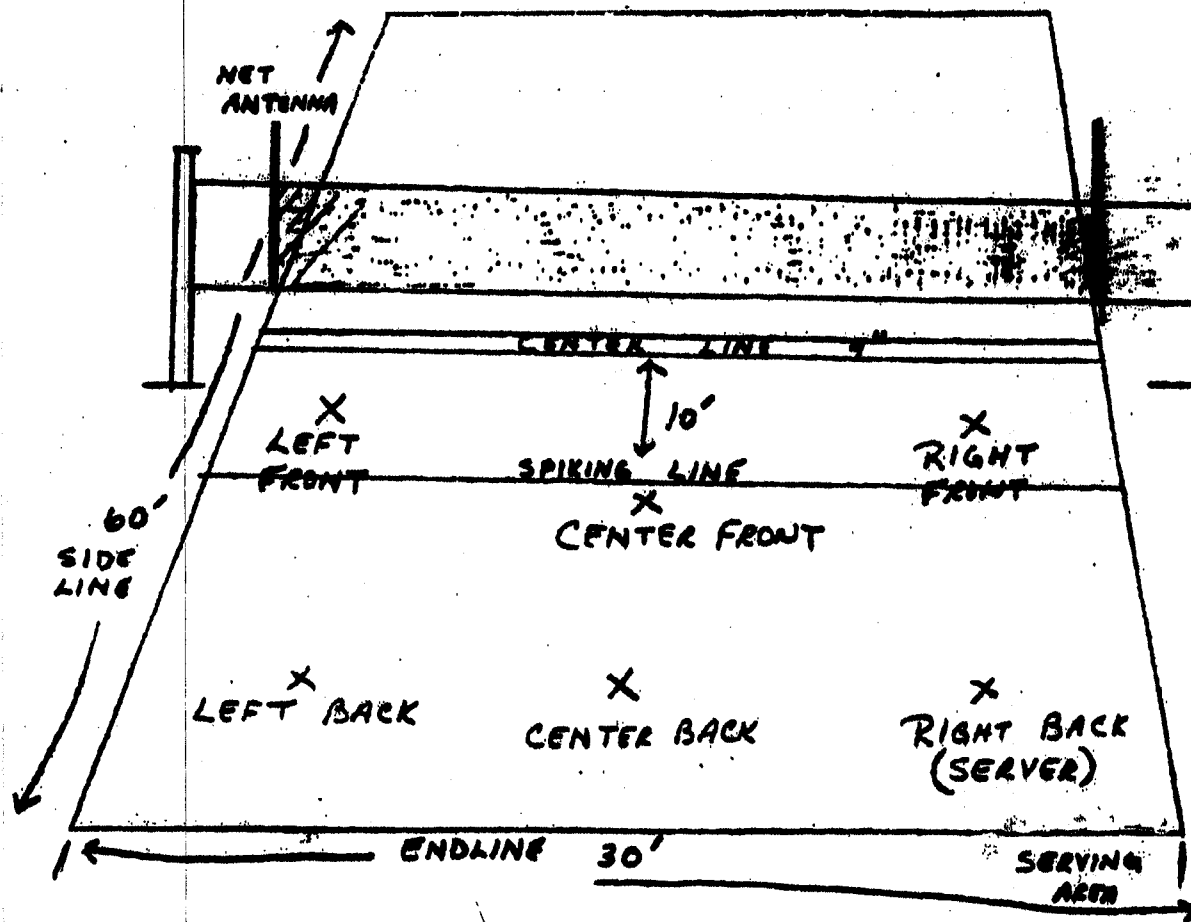
REPLAY is the act of putting the ball in play without awarding a point or sideout and without a service rotation.

SIDE OUT should be declared when the serving team violates a rule. The ball is given over the serving team's opposition and no points are awarded.

DOUBLE HIT occurs when a player illegally contacts the ball twice in succession before the ball is returned over the net to the opponents playing area.

BASIC RULES

1. A team shall consist of six players in all matches.
2. The position of players in the order of service shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.
3. All players except the server shall be within the teams playing and in correct serving order with no overlapping of adjacent players front-to-front or side-to-side at the instant the ball is contacted for the serve. Players may be moving prior to the but not part of one player's body touching the floor shall overlap any part of another player's body touching the floor. After the ball is contacted for the serve, players may move from their respective positions.
4. A point shall be awarded the serving team when its opponent violates a rule.
5. A team, which has scored 15 points and is at least two points ahead, is the winner. If the leading team does not have a 2-point advantage, play shall continue until one team has a 2-point advantage.
6. The server shall serve from within the serving area and shall not touch the lines bounding this area or the floor outside this area at the instant the ball is hit for the serve. The server's body may be in the air over or beyond the lines bounding the serving area.
7. Front line players may hit the ball from any position inside the court above or below the top of the net. They may play the ball while positioned outside the sidelines or endlines of their areas but not while positioned across the centerline or the out-of-bounds extension of the centerline.
8. Back line players while positioned behind the spiking line may hit the ball from any position inside the court above or below the top of the net. They may play the ball while positioned outside the sidelines or endlines of their areas, but not while positioned across the centerline.
9. A player shall not play the ball twice in succession.
10. A team shall not play the ball more than three times before it crosses the net.
11. Contacting the net or any part of it, including net supports or the net antennas, while the ball is in play is prohibited unless the force of the ball by an opponent pushes the net into a player.
12. The centerline may be touched but not the floor on the opposite side of the centerline by a player while the ball is in play.
13. A ball that is spiked and then blocked by the opposing team may be hit again by either the blocker or the spiker.



ALL LINES 2" WIDE
 CENTER LINE 4"

NET HEIGHT

Women 7'4 1/4"

MEN 8'