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| Spotter – Strength-/Weight Training |
| *Role Descriptor* The spotter/weight loader assists the lifter, both with preparing the bar with the appropriate weights and assisting the lifter if/when the lifter reaches his/her maximum level of exertion during a lift/set. Your role as spotter is vitally important as you are the one person who can prevent serious injury to the lifter during the lift/set. |
| *Good Spotters . . .*   * Be ready to assist a lifter when asked to do so at all times. * Select the correct weights to add based on the directions provided by either the lifter or coach. * Secure the added weight to the bar in a safe manner. * Re-rack the weights that are no longer being used. * Double-check to ensure that the bar has equal weights on both ends. * Position yourself in the appropriate location to assist the lifter. * During the lift/set, focus solely on the lifter’s performance by closely watching his/her ability to complete each rep. And listen to possible directions from the lifter. |
| *Your Teacher Will Look For You To . . .*  * Know about the correct spotting techniques * Know the correct lifting techniques * Help the lifter load and unload weights correctly * Demonstrate cooperative skills (i.e., willingness to assist peers) * Be safety-minded. * Encourage and support teammates. |

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