

AMENDMENT #21

by Rep. Carnick

OFFERED IN THE HOUSE
TO: CSHB 183(JUD)

1 Page 1, line 1, following "sports;": *(title amendment)*

2 Insert "relating to female student athlete strength and conditioning;"

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4 Page 3, following line 21:

5 Insert a new bill section to read:

6 "** Sec. 3. AS 14.30 is amended by adding a new section to article 8 to read:

7 **Sec. 14.30.376. Female student athlete strength and conditioning.** (a) A
8 school district that provides strength training shall provide strength and conditioning
9 education for female student athletes. The school district shall

10 (1) explain and demonstrate appropriate strength training, flexibility
11 techniques, and programs to improve cardiovascular performance;

12 (2) create and support healthy and safe programs for female student
13 athletes by providing appropriate opportunities to train and properly prepare for the
14 specific strength, flexibility, and cardiovascular demands of different sports;

15 (3) avoid assumptions that female student athletes are not interested in
16 using the weight rooms, fitness rooms, and conditioning facilities utilized by the
17 school district; and

18 (4) properly teach female student athletes tactics and skills that may
19 increase the chances of success and minimize the likelihood of injury because of
20 overuse or poor technique.

21 (b) In this section, "school district" has the meaning given in AS 14.30.350."

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23 Renumber the following bill section accordingly.