

Strength and Conditioning Expectations

This course is for 7th and 8th grade students. The primary focus of this course will be the transformation of a student's physical image, as well as mental image of themselves. Students will be taught the proper techniques and safety of weight training. This course will provide students with the principles of exercising using weights and building endurance in running. An emphasis will be placed on cardiovascular training to provide a balanced workout routine.

Each student should read this information sheet along with her parent/guardian.

General Expectations

1. Students must wear proper clothing every day. You will wear a white or gray loose fitting T-shirt. T-shirts must not be low cut or thin material. Black/dark colored shorts with a 5 inch inseam, leggings, and sweats. *See attached page for examples.
2. Every student must dress out, regardless of illness or injury. Dressing out is NOT an option.
3. Appropriate athletic shoes are required. You will work out in what you wear.
4. Absolutely no jewelry (this includes all body piercing) during class. If you choose to get some type of piercing, it must be during the summer months NOT during the school year. Safety issue will not look, but will address.
5. Hair pulled back at all times, this applies to girl and boy students.
6. Absolutely no gum allowed in the gym.
7. Absolutely no cell phone use/picture taking during class time or in the locker room/restroom. Picture taking can be considered pornography.
8. Absolutely no eating or drinking in the locker room or gym unless permitted by the coaching staff.
9. Students in the strength and conditioning class will conduct themselves in an appropriate manner at all times. Safety is a top priority.
10. If you use an inhaler, please bring it daily to class.
11. Diabetic students need to inform the coaches.
12. At no time will a student disrespect a member of the coaching staff or other school personnel.
13. All students are required to fill out a travel permit to grant permission to work out at the high school stadium/hill.

Short Term Parent Note/ Long Term Injury

A student unable to participate is required to do a daily written assignment, which consists of two complete pages. If the assignment does not meet the instructor expectations, credit will not be applied. Incomplete assignments will result in daily point deductions.

If a student does not receive credit, he/she may choose to do a book report to regain points deducted. The book report must be based on an athlete, sport, or health topic. The book report is based on the students reading ability. The assignment is for a regain purpose.

CLASS DISCLAIMERS

- The instructor may alter this syllabus as conditions warrant.
- Those students who require special academic or physical accommodations will be evaluate according to their individual I.E.P.

8/16/2023

SHIRT
CREW NECK (WHITE OR GRAY)
CAN HAVE WRITING ON IT



INAPPROPRIATE
NO V-NECKS OR CROP TOPS



BOTTOMS

DARK COLORS (BLACK OR BLUE)
(5 inch inseam Shorts, Leggings, or Sweats)

APPROPRIATE



NOT APPROPRIATE



Dress code Violation System

1st offense is a warning

**2nd offense student will sign the last written warning.
(Sample shown below.)**

3rd offense student will be issued school appropriate shorts to wear daily and can be readdressed at semester.

Girls Athletics/PE Dress Code Violation 2nd Offense Contract

I _____ understand I have violated the dress code expectation for girls athletics/PE. I am aware this is my second offense. My third offense will result in being issued a pair of school appropriate shorts to wear daily with the possibility of readdressing at the end of the semester.

Student Signature

Date

Coach Signature

Date

I have read the rules and regulations for Strength and Conditioning class.

Student Signature _____

Parent/Guardian Signature _____

Home Phone Number _____

Cell Phone Number _____

Parent/Guardian Work Number _____

Medical Information: Please inform me of any health or medical problems that affect participation.

Please inform us of any medication needed in case of an emergency.

Allergies
