

Pre-Athletic Expectations

This course is designed for 6th grade students who have desire of participating in Athletics as a 7th grader. Students will have firsthand knowledge of the expectations relating to Athletics. The Pre – Athletic class will have the future athletes participating in cardiovascular workouts, agility workouts, plyometric workouts, and weight training workouts. Students in the Pre – Athletic course will be held to the same standards, expectations, and discipline as the 7th and 8th Athletic Class. Inappropriate behavior and work refusal are grounds for removal from the 6th grade Pre – Athletic Class. Physicals are NOT required for the Pre-Athletic Class.

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

General Expectations

1. Proper clothing will be worn 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 5 inch inseam shorts, leggings or sweat pants. *See attached page for examples.
2. Every student must dress out, regardless of illness or injury. NOT 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) will be worn during athletics and/or games. If you choose to get some type of piercing, it must be during the summer months NOT during the school year. This includes belly button rings for practice, games, or the athletic period. Safety issue won't look, but will address.
5. Hair must be tied back at all times.
6. Students will not have a variety of different hair color. Hair must remain a natural color. Failure to comply with this expectation will result in removal from athletics.
7. Absolutely no gum allowed in the gym.
8. Absolutely no cell phone use/picture taking during class time or in the locker room/restroom. Picture taking can be considered pornography.
9. Absolutely no eating or drinking in the locker room or gym unless permitted by the coaching staff.
10. Students in the pre-athletic class will conduct themselves in an appropriate manner at all times. Athletes who do not behave will receive a conditioning assignment.
11. If you use an inhaler please bring it daily to athletics.
12. If you are diabetic or have any other medical conditions please inform the coaches.
13. At no time will an athlete disrespect a member of the coaching staff or other school personnel. Such behavior will result in a running consequence.

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.



You will NOT BE ALLOWED to use the office phone except in a dire emergency. If you forget your practice uniform, you will not be allowed to call home. You will be required to participate in your school clothes or issued practice clothes. Make arrangements prior to practice.

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.

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



SHOES

TENNIS SHOES THAT LACE UP WITH ANKLE SUPPORT



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

Contract of Agreement

I understand the Girls Athletic Expectations and Policies.

Student Signature

Date

Parent/Guardian Signature

Date

Home Phone

Work Phone

Cell Phone

Emergency Contact: Name and Number

Letter of Acceptance

The rules, regulations, and standards set forth in the Santa Fe Junior High Girls Athletic Expectations handbook are for each athlete to take responsibility and pride through membership in the Girls Athletic Program. These expectations should be followed on the field of play, in the classroom, in our community, in our school, or while visiting another city. Therefore, your signature commits you to abide by all regulations. Failure to abide to these expectations may result in a running consequence or removal from the athletic program.

I fully understand my obligations, responsibilities, and duties as explained in the Santa Fe Junior High Athletic Expectations.

Student Signature: _____

Date: _____

Parents

This is to certify that as a parent/guardian, I have read the Santa Fe Junior High Girls Athletic Expectations and I am aware of all policies and operational procedures. Please take time to familiarize yourself with your daughter's Athletic expectations.

Parent/Guardian Signature: _____

Date: _____