

# Hutto ISD

## 6th Grade Pre-Athletics

Welcome to 6<sup>th</sup> grade Pre-Athletics!! We are happy to have your future student-athlete in our class!! This class is designed for male and female students who have played competitive team or individual sports, or are wanting to play athletics at the middle school level starting in 7th grade.

**Overview-**The purpose of 6th Grade Pre-Athletics is to prepare students for the expectations of 7<sup>th</sup> Grade Athletics and the fundamental skills for sports offered in Hutto ISD Athletics. The 4 focus areas of this course are: 1. Building a Champion (academics, teamwork, character, competitor), 2. Increase strength training confidence, technique, and explosion 3. Improve speed and agility through balance, running form, body awareness, and stamina drills 4. Teaching sport-specific movements, fundamentals, and schemes

Students participating in Pre-Athletics must recognize that the workouts will build up to, and then be comparable to the workouts we give to our 7<sup>th</sup> and 8<sup>th</sup> grade student-athletes. The physical demands are greater than Physical Education, and the expectation is to give your best every day (Building a Champion). Coaches expect students to work hard, have a positive attitude, *and* have fun just like you will be doing on a team.

### **4 Focus Areas of 6th Grade Pre-Athletics:**

**Building a Champion**-students will have character lessons, be involved with teamwork, be in competitive teams, and will have class behavior monitored similar to 7th/8th student-athletes.

**Strength Training**-students will be taught proper technique in these weight room lifts: snatch, clean, deadlift, front squat, back squat, push-up, and pull-up.

**Speed and Agility**-students will be taught proper stance, start, running form, and drills to enhance balance, flexibility, speed, cutting, agility, jumping, and landing.

**Sport Specific Skills**-students will be introduced to sports through drills, skills, and competitive team activities. Some sports that may be introduced are: volleyball, football, basketball, track, and soccer.

**Uniforms-** Each student will need to purchase a workout uniform through the Hutto ISD FMS/HMS Athletic Website. This uniform consists of a HMS/FMS t-shirt and shorts. **Uniforms may be purchased for \$25. Check the HMS/FMS Athletic Website in July.** In addition, your child will need leave tennis shoes (shoes that have laces, are tied and are unmarking) in their athletic locker to use daily. Do not go and buy brand new \$100 shoes for pre-athletics.

**Locker/Locks-**Students will be assigned a locker and a combination lock for their clothes/backpack. It is a student's responsibility to secure their belongings in their lockers! Hutto ISD is not responsible for items in locker room that are stolen or missing when lockers are not locked.

**To Be Excused from Pre-Athletics Participation-**For a student to be excused from participation he/she must bring a note from his/her physician stating why activity should be limited or avoided. On the note include: 1st/last name, dates to be excused, reason, date to return to play, and physician signature. **THE STUDENT MUST STILL DRESS OUT EVEN THOUGH AN EXCUSED NOTE IS PROVIDED.** If a student has an upper body injury, he/she can do lower body exercises. If a student has a lower body injury, he/she can do upper body exercises. Parent notes do not excuse an athlete from athletics in Hutto ISD.

**Grading-**Students will be graded on dressing out in assigned gear, participation, and effort throughout the 4 focus areas listed above. 80% of total grade: dressing out in athletics uniform, participation/skills assessments 20% Champion Skills: teamwork, attitude, effort.