Dear Parents/Guardian

Welcome to the Physical Education Department at Sawgrass Springs Middle School. This program should be regarded as a vital and dynamic phase of every educational program. We will provide opportunities for every individual so they can achieve their highest potential and learn the importance of making physical activity a lifelong pursuit.

We will be introducing the students to cardiovascular, strength training, flexibility activities, variety of sports, games, and the basic health components.

If you have any questions or comments, please feel free to call 754-322-4500
Thank you for your cooperation.

Sincerely,

Marc Lyon
Physical Education Teacher

Jeremy Albani
Physical Education Teacher

Principal
M. Wessinger

UNIFORMS AND ACCESSORIES

A SSMS, plain white or gray t-shirt, any color of athletic shorts, socks and sneakers are required daily. **Shorts must fit snug at the waist.** In cold weather, sweatshirt and sweat pants (in any color) are acceptable. Uniforms and towels should be taken home each week and washed.



LOCKER ROOMS

All students will be issued ***school*** combination locks and lockers. There is a $6.00 fee for lost locks. Locks from home are not permitted. **The Physical Education Department is not responsible for any lost valuables.** It is recommended that jewelry and money is securely locked in the locker. Toiletries may be brought from home providing that they are not in glass containers.

CELL PHONES AND ELECTRONICS

Cell phones will not be allowed in the gym or on the PE field once we are dressing out and start physical activities. I will ask for the phones/electronics voluntarily once we start activities, they will receive them at the end of class. If I see the phones after the voluntary turn-in, they will be turned into administration to where the student or parent will have to make arrangements to retrieve them.
On days that we do not dress out; beginning of the school year while going over policy and procedures, locks and locker distribution or on early release days, the students may use their phones; appropriately.

PHYSICAL EDUCATION RULES

1. **THE WHISTLE MEANS STOP; most importantly for security and weather reasons!!**
2. Follow directions of all teachers, staff and custodians.
3. Be polite and courteous to all staff and classmates.
4. Be on time to the locker rooms.
5. Stay in designated areas – do not leave the class without teacher permission.
6. **No eating, drinking or gum chewing in the gym.**
7. Keep hands, feet, and objects to yourself.
8. No book bags are to leave the locker room when entering the gym or PE field
9. No horseplay in the halls, locker room, gym, or outside.
10. Do not bring any athletic equipment from home