Dixon Girl’s Sports Conditioning Disclosure Document (2016-2017)

Ms. Olson

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**School Phone: 801-374-4980**

**Welcome to Sports Conditioning! This class is designed for those students who are training for various sports teams. This class is NOT for the weak. Sports conditioning will emphasize the five fitness components including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition. It will also focus on the six skill-related components including power, speed, agility, reaction time, coordination, and balance. Correct technique, safety precaution and proper application of the principles of training will be emphasized. Activities will include cardio days, circuit training, resistance training, mile runs, activity goal sheets, fitness tests, game days and flexibility. This class requires students who are dedicated to fitness and who will come to class ready to push themselves and work hard EVERY time. “There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.” Derek Jeter “It’s not the will to win that matters—everyone has that. It’s the will to prepare to win that matters.” Paul “Bear” Bryant**

# Dress Code

**These items should be brought to school and kept in your P.E. locker.**

* **Shorts, sweatpants, or athletic pants** in any color (shorts must come to the mid-thigh).
* **Any Color T-shirt** (No tank-tops, the t-shirt must be modest, no deep neck line shirts or belly shirts, the shirt must cover your shoulders and cannot show your tummy when you lift up your arms, it may have words or pictures on it as long as they are appropriate.)
* **Socks**
* **Running Shoes**. These must be designed for running or cross training with sufficient traction so you don’t slide on the gym floor. Platform tennis shoes, hiking boots, sandals, or flat canvas shoes (Converse) are not permitted.
* **Excessive/ dangling jewelry** must be **removed** and kept in your locker during class**.** A small ziplock bag or box is recommended for your p.e. locker to put jewelry in so it is not lost. (watches and stud earrings may be worn.)
* Ms. Olson will provide each student with a lock and a combination. The student will need to keep this combination in a **safe place** where it will not get lost. Each student will be able to choose her locker and then will need to tell Ms. Olson the number of locker she chose. If the lock is lost the student will be charged six dollars.
* Bring a plastic bag to take clothes home at least once a week to be washed.
* **Deodorant** is required and is to be kept in your locker. Good hygiene practices should be practiced at all times. Showers are available. Let Ms. Olson know if you plan on showering after class.
* If you forget your clothes you will need to borrow P.E. clothes from Ms. Olson and you will lose 3 participation points for the day.

YOU MAY NEVER AT ANY TIME PARTICIPATE IN YOUR SCHOOL CLOTHES!!

How to Earn an “A” in Sport’s Conditioning

Active Participation is required to receive full daily participation points (a maximum of 5 points per regular day will be allotted)

* If you are in class you must dress and participate. Notes from home will not excuse you from participation. Our policy is Dress and Do Your Best every day you are here. Notes from home will be accepted in order to inform me of any current problems you may be experiencing so I can monitor and restrict activities when appropriate. Doctor notes are required to excuse you completely from daily participation.
* Points will be earned and taken away according to my management system.
* You are accountable for all work you miss due to absences (participation points, assignments, written tests, skill assessments, etc.) **Daily** **Participation points** are made-up by completing an activity log for each absence. Logs can be picked up in the gym or the locker room. All other work will be made up in class or during I-time. My I-time is on Thursday mornings. I will sign your planner if you need to make-up work.
* You are given **10** school days after you return from your absence to make up all work unless special arrangements are made.
* Students are required to reach the learning targets for each term. If the learning targets are not reached the student will need to come in on Thursday during I-time until they reach the target.

**Grading**:

A 93-100% Advanced level work \*Participation (Learning Targets)=50% of final grade

A-= 90-92% \*Activity Goal Sheet=20%

B+= 87-89% Proficient level work \*Assignments/Quizzes= 10%

B= 83-86% \*Fitness Tests=20% of final grade

B-= 80-82%

C+= 77-79% Basic Level Work

C= 73-76%

C-= 70-72%

D+= 69-67%

D= 66-63%

D-= 62-60%

I= Below 60% (Insufficient or do not pass)

\*Fitness Testing is graded based on individual student improvement and performing in the healthy fitness zone. I understand that there are special circumstances such as injury, illness, and others.

**Physical Education is a state required class. Credit will be given to students who perform at 60% or better.**

Students with Disabilities: If you have any disability that may keep you from successfully completing this course, please let me know. Services are coordinated with the student and instructor through the main office and the special programs coordinator.

**Class Mission Statement:** “Strive for progress, not perfection.” Unknown

Dixon Sports Conditioning Rules & Expectations

1. Be on time

2. Come prepared with P.E. clothes

3. Participate and show respect

4. No food, drink, or gum in the gym (water bottles only)

5. Don’t take what isn’t yours

6. Follow Instructions and reach learning targets

7. No teasing, bullying, put-downs, or swearing

9. No talking while Ms. Olson is giving directions

9. No Cellphones or electronics

10. **Have Fun**

\*\*\*The following procedure will occur if a student breaks any of the classroom rules and/or expectations.

**First time**, you will receive a **Warning** from Ms. Olson. No points will be taken away.

**Second time,** you will lose 2 points from your participation points.

**Third time,** you will lose 3 points from your participation points and you stay two minutes after class.

**Fourth time,** student and teacher will make a parent phone call and student will **lose 4 points** from your daily participation grade.

**Fifth time,** you will be sent to the principal’s office for further consequences and will **lose 5 points** from your daily participation grade.

\*At any time during the class period students may lose points for goofing off, non-compliance, non-participation, insubordination, and/or being disrespectful.

**LEARNING TARGETS**: Students are expected to reach learning targets each day; if the targets are not met students are required to attend I-time Thursday mornings.

**BATHROOM BREAKS:** Students will be allowed 3 bathroom breaks total throughout the semester. Please use the restroom before or after class during the dress time.

**REWARDS:**  Each student will receive a star in the “Reward Book” if they are on task or show superior behavior. When a student receives 10 stars the student receives a prize.

**Dress Time:**

Students will have 5 minutes to dress in their P.E. clothes from the time the bell rings and will have 5 minutes to get dressed before the release bell rings. Please get dressed quickly and be on time for roll call. **If a student receives two or more tardies they will receive lunch detention and a parent will be notified.**

**DAY to DAY to Get in Shape!!**

**MILE RUN MONDAY:** Get ready because Monday’s are going to get you ready for the week with a mile run or cardio activity. The mile run will test your cardiovascular endurance. You will have a progress sheet to see how you have improved over the semester. You need a strong heart to play sports. So let’s get running!!

**TABATA TUESDAY**: Tabata Tuesday will test your muscular strength and endurance. It includes High Intensity Interval Training or H.I.I.T. This day will also include activities such as Aerobics, kickboxing and other exercises that will get the heart rate up and make you feel like super woman!! Get ready to have a toned body so you can play harder and last longer on the court or field!

**WAHOO! IT’S WEDNESDAY**: If you like sports and games you will love Wednesdays. You will learn about and play all types of sports on this day. You will play in tournaments of Ultimate Frisbee, basketball, volleyball and other games that will test your speed, agility and bring out your competitive spirit.

**THROW IN YOUR OWN WORKOUT THURSDAY**:

You get to choose your own workout! You will choose from different arm, leg, abdominal and cardio workouts, combine them how you want and go to work. It’s a fun circuit day to perform at your personal best and have fun while doing it! Music will always be pumping for motivation!

**FLEXIBILITY FRIDAY**:

Friday’s will quickly become your favorite day. Friday’s will test your flexibility (fitness component) and will give you a chance to decompress from the busy week. You will learn stretches for all the muscles that will develop better range of motion; which will make you a better athlete! Who’s in?