



TIMBERVIEW LADY HAWKS PRE-ATHLETIC SYLLABUS

Pre-Athletics is designed to provide students with the knowledge and skills to prepare them for the sports they will play in 7th and 8th grade in and outside of school and beyond. This class will equip the students with good physical health habits as they grow.

The activities will be centered on individual and team sports. They will expand on skills in the sports of cross country, volleyball, basketball, track and field, and soccer. Students will engage in more advanced activities that develop cardiovascular endurance, muscular strength, and flexibility. The class will focus on working in groups to accomplish goals in both cooperative and competitive settings.

Along with teaching them how to utilize the skills they learn to be successful in sports, our goal is to help them find ways to lead healthy lifestyles and make meaningful contributions to society.

Goals:

- To be educated in the principles of fitness.
- To demonstrate improvement in the skills taught and become better at each sport covered
- To fully participate in all the activities provided and demonstrate skill awareness
- To learn TEAMWORK and how to be a good teammate
- To exhibit positive attitudes and accept differences in others while offering encouragement to all
- To promote great sportsmanship
- To learn the basic fundamentals of the main sports offered at Timberview MS
- To learn how to exercise and strength train to promote lifelong health

Grades:

Students will receive their grades based on weekly participation and dressing out daily. Students will receive 20 points daily for a total of 100 points each week.

Dress code must meet these requirements:

- All Pre-Athletic students are required to dress out each day.
- A required uniform is available to purchase through our 3rd party vendor.
- Athletic shoes are required.
- Hair must be pulled back (out of face)
- No Jewelry allowed during the class period (rings, watches, earrings, anklets, bracelets, etc) due to safety.
- ABSOLUTELY no gum is allowed in the gym!

Each time a student fails to participate *fully* or dress out *using the above requirements*, they will lose points from their weekly grade.

Parent/doctor's notes:

- A parent note may excuse a student from participation for a maximum of three days. A doctor's note is required for non-participation longer than three days. (Please include parent home or work number on note as well as date). Students are still required to dress out if physically able to do so in order to receive their weekly points.
- Alternative assignments are given to those students who are unable to participate.

Lockers:

- Students will be issued a locker with a combination lock (\$5 replacement fee if lost).
- The school is not responsible for lost or stolen items. ***It is the student's responsibility to lock up personal items in their assigned locker.***
- The locker room must be clean and tidy at all times.
- **CELL PHONES ARE NOT ALLOWED IN THE LOCKER ROOM**
- **ABSOLUTELY NO PICTURE TAKING IN THE LOCKER ROOM FOR ANY REASON.**

To stay hydrated, PLEASE make sure to bring your water bottle every day.

If you have questions, or concerns at any time, please reach out to me.
Please allow a **48 hour** response time.

Coach Jones
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