

Indian Springs Middle School Pre-Athletics/P.E. Code of Conduct

Welcome to Indian Springs 6th Grade Pre-Athletics Class!

As your student embarks on Pre-Athletics this year, we invite you to email or call us with any questions concerning your child. We are invested in the development of your child in regards to athletic skills and ask for your full cooperation in our Pre-Athletics program. This program will consist of daily skills involved around Football, Volleyball, Cross Country, Basketball, Track and Field, and Soccer as well as workouts consistent with these sports such as conditioning, weight training, speed and agility drills, etc.

Equipment Needed:

1. Gym Shoes (scuff-resistant) – Does not have to be a new pair.
2. Socks
3. ISMS workout uniform (Maroon shirt with Grey shorts)
4. Students will be issued a locker with a built in lock. They only need to remember the combination.

*Suggested Items – Personal Wipes to use after activity and/or solid/roll-on deodorant (no aerosol).

Care of Uniform:

Each student is responsible for his/her uniform and is expected to wear it each day. A second uniform may come in handy to fit your laundry schedule. Your child will need to lock all items in their locker at all times! ****WE ARE NOT RESPONSIBLE FOR ANY LOST ITEMS****

Excuses from Activity:

Notes from parents, due to illness or injuries, requesting that your child be excused from participation will be required for **EACH DAY MISSED**. If a student needs to be excused more than **TWO CONSECUTIVE DAYS**, a doctor's note for non-participation will be required. Students will **STILL** be required to **dress out daily** unless this will complicate the illness or injury. Students unable to participate will be given an alternate assignment to be graded.

- 100% NON participation notes are **NOT** acceptable in most cases.
- If they are sick, they should stay home.
- If they have an upper body injury, then they can do lower body workouts and vice versa. If it is a back injury that prevents movement, then we will accommodate as such.
- Each day requires a new note.

***Per school board Policy - Any athlete missing 2 days of activity is required to be seen by a physician and return with the following:**

1. **Diagnosis**
2. **Treatment of injury**

3. Timetable for return

Grading Procedures:

Students will receive a grade worth 100 points each week. Each day is worth 20 points. Points may be deducted from the student's grade on a daily basis for the following reasons:

- Not dressing out properly (-10)
- Lack of effort/ Refusal of participation in activity (-10)

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****Main Rule - "BE RESPECTFUL****

1. Absences and tardies will be treated according to school policy.
 2. No unnecessary playing around, teasing, taunting, or harassing of other students.
 3. **No jewelry/accessories** will be worn during class for safety precautions.
 4. Dress out every day. If you do not dress out, you are not allowed in the locker room.
 5. **Keep up with your equipment! Close your locker and make sure it is locked. The coaches/school are NOT responsible for items lost or stolen from lockers/locker room.**
 6. Do not bring valuables to class. Lock as many valuables in your school locker before coming to Pre-Athletics.
 7. All students must be in the locker room, changing, prior to the tardy bell. Students will have 5 minutes after the tardy bell rings to be dressed out and in assigned lines in the gym.
 8. Always give your best effort. Your grade depends on it.
 9. **Gum, drinks, food and candy are NOT allowed in the gym or dressing room.**
 10. You will be given 5-10 minutes prior to the end of class to get dressed and ready for the next class. Do not be tardy!! No passes will be given.
 11. **Do not share your locker combination with ANYONE!**
 12. **Do not touch** anything that does not belong to you.
 13. Talk quietly in the locker room. No excessive noise.
 14. Treat others the way you want to be treated!
 15. Glass containers and aerosols are not allowed in the locker room.
 16. **ABSOLUTELY NO CELL PHONE/DEVICE USE IN THE LOCKER ROOM!**
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