**HODGES BEND MIDDLE SCHOOL**

**Athletics Syllabus**

**Coach Shabazz, Coach Coleman, Coach Adams**

# PURPOSE

The purpose of this course is to develop competence in: (a) physical fitness, (b) body management skills, (c) health, (d) social behavior, (e) UIL competition skills and (f) strategies for athletic activities.

# GOALS

1. The student will be able to demonstrate competency in many movement forms and several forms of physical activity.
2. The student will apply concepts and principles of human movement to the development of motor skills.
3. The student will analyze the benefits of regular participation in physical activity.
4. The student will achieve and maintain a health-enhancing level of physical fitness.
5. The student will demonstrate responsible personal and social behavior in physical activity.
6. The student will understand that physical activity provides opportunities for enjoyment, challenge and self- expression.

# RULES AND CONSEQUENCES

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| All rules set forth in the Fort Bend ISD and HBMS Student Handbook will be enforced.Additional rules that will be applicable in athletics class shall be as follows:**CLASS RULES** |
| 1. Listen and follow directions | 7. Respect others |
| 2. Participate in all class activities | 8. Keep hands to yourself |
| 3. Be on time for class and roll call | 9. Have good personal hygiene |
| 4. Be responsible for personal belongings | 10. Have a positive attitude |
| 5. Respect other students’ belongings | 11. No Gum, Food or Liquids |
| 6. Ask permission to leave class | 12. Absolutely no cellphones are allowed inclass |

 **CONSEQUENCES**

**1st Offense** – Verbal warning

**2nd Offense** – Written assignment and/or parent contact.

**3rd Offense** – Detention

4th **Offense** – Restorative Discipline

**5th Offense** – Referral to the office

# TARDIES

Students are expected to be in their respective locker rooms by the time the tardy bell has rung. If students are not inside the locker room by this time they will be marked tardy. The 1st tardy is a warning, the 2nd tardy results in a phone call home, and the 3rd tardy is a mandatory detention.

# GRADING

Student’s grades/points will be based on dressing out, participation and cooperation (minor/major). Students are required to dress out daily. If a student is missing any of the required pieces of the athletic uniform i.e. shirt, shorts or shoes that will result in her losing points for any missing item. If a student chooses not to dress out, all points will be deducted from her daily grade.

# DRESSING OUT

**\*Athletic uniforms will only be paid for through our school website. We will no longer be taking payments at school.**



Shirt $15

Please bring black shorts. Must be school appropriate length.

# \*\*\*CONSEQUENCE FOR NOT DRESSING OUT\*\*\*

Students are expected to change their clothes and dress out every single day of class. If a student does not dress out 3 times in any given marking period the parent will be contacted. The 4th and 5th time a student does not dress out in a marking period they will be given a detention each time. This process will start over every 9 weeks.

# LAPTOPS

We will be implementing the laptops for athletics purposes, at which more information will be sent home with the student. The days we are not using the laptops the student should keep their laptops in their locker with any other important belongings.

# HYGIENE

Health and athletics cannot be separated; therefore, personal hygiene is emphasized. Clean athletics attire is expected. A student may want to have more than one set of athletic clothes. Students are required to take their clothes home at the end of the week to wash them and bring them back Monday.

# LOCKERS AND LOCKS

Every student in enrolled in athletics will receive a locker for their athletics uniform. Each student is responsible for her own clothes and other belongings being kept locked in their lockers. **Students are not allowed to share lockers or to use the lockers for anything other than a place for their athletics uniform. Do not use your athletics locker for books and binders. Do not give your locker combination to anyone. Student are required to purchase a master lock.** It is required to give your coach the combination to master lock.

# DOCTOR’S NOTES

A doctor’s note is needed to excuse a student from participating/dressing out. However, if the doctor’s note indicates the student can participate on a limited basis they would be required to dress out. If the doctor’s note completely excuses participation the student will be given an alternate assignment (Journal Entry, Book Report, Current Events in Sports, Health/Fitness Regimes, History of the Games, etc…). This is strictly a participation grade. If your student is participating in class (active or non-active) they will still have the opportunity to obtain an “A” in athletics class.

# ATHLETIC PHYSICAL AND ELECTRONIC FORMS

Student are **required** to have an athletic physical and electronic forms completed in Rank One.



# \*\*\*MAJOR GRADE\*\*\*

**Please sign below indicating that you have read and understand the HBMS athletics Syllabus and will abide by its rules.**

Print Student Name

Student Signature

Parent/Guardian Signature

Contact #

Athletics Teacher:

Class Period:

Grade: