

# Perry High School Athletic Locker Syllabus

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**Website:** <http://www.myhandlerschools.org/page/21808>

**Remind messages:** See teacher website for sign-up instructions.



## Course Expectations:

1. Arrive on time to class and roll call.
2. Dress out daily in correct attire.
3. Participate fully every day.
4. Maintain a positive and respectful attitude.
5. Exemplify good sportsmanship.

**The primary goal of this course is to improve athletes' physical and mental toughness through training in the off-season. It is conducted as an Athletic Conditioning class and grades reflect work produced in class, not accomplishments in the pool.**

## Required Dress:

**Pool days:** School and practice appropriate swimwear.

**Non-Pool days:** 1. Perry T-shirt (no tanks) & Shorts with appropriate coverage.

\*No ripped shirts.

\*Wear spankies under shorts unless shorts are long.

\* No Nike Pros or spankies worn alone.

2. Tennis shoes – must be tied, no slip-ons

3. You may not wear what you wore to school that day. Changing clothes is required.

4. Students are encouraged to bring water to class, as long as it is in a closed, non-glass bottle and does not cause disruption.

## Bookstore PE Clothing Prices:

T-Shirts	\$5.00
Shorts	\$10.00
Replacement Lock	\$5.00



## Security:

Theft occurs when a student leaves belongings in an unsecured area or fails to lock his/her locker.

Students are responsible for the combination lock issued and securing it on the locker. **Do not bring valuable items to school. Perry High School is not responsible for lost or stolen items.**

- Do not share your locker, lock, or combination with anyone
- Only use the locker that has been assigned to you
- Double check that your lock is completely locked
- Write your name inside PE clothing with permanent marker

## Grading Policy

**In-Season:** Each class day is worth 1 point toward a weekly participation grade of 4 pts. in a typical week. Participation points are earned by arriving to roll call on time, dressing out, participating fully in practice, and meeting behavior expectations.

**Post-Season:** Each class day is worth 5 points toward a weekly participation grade of 20 pts. in a typical week. If a student meets all expectations for the day, he/she will receive full points. Points are lost due to infractions outlined below. Points can be recovered by completing the make-up work assignment within 1 week of excused absence or excused non-participation only. The semester grade will be calculated on a 45-45-10 scale, with each quarter representing 45% of the semester grade, and the final exam representing 10% of the semester grade. Failing to follow the Course Expectations will result in a loss of points.

## Post-Season Weekly Participation Grading:

Infraction	Point Value	Eligible for Make-up Work?
Unexcused absence	-5	No
Excused absence	-5	Yes
Not dressed out properly	-3 reg. day, -5 block	No
No participation	-5	Yes, if excused
Tardy	-2	No
Unacceptable behavior	-2 up to 5	No
Lack of effort	-1 up to 5	No

### Success Strategy:

This class is participation and performance/effort based. Consistent attendance, participation, and dressing out are very important. Absences and non-dresses are the leading causes of low grades in this class.

### Injured/Long Term Illness/Medical Excuses:

When a student is injured or ill an excuse note is required *the same day* as any participation modifications are required. The note may be from a doctor, parent, school nurse, or athletic trainer. If the excuse is for more than three (3) consecutive class periods, the student must bring a doctor's note. Once a doctor's note has been received for an injury, the student **MUST** provide a doctor's note for clearance to resume participation. If a student has a chronic injury that prevents him/her from participating fully, it is recommended that he/she take another class as success in this class will be limited.

If a student is injured he/she is expected to complete a modified workout that excludes the injured body area. If an injury renders the student completely unable to participate in class the student **MUST** have a note to excuse her/him, will lose participation points for the day, and will be eligible for make-up work to regain those points. **ALL** students are expected to dress out in required attire **EVERYDAY**, regardless of injury, illness, or non-participation.

### Make-Up Work:

Students are responsible for make-up work as well as any assignments, quizzes, or tests missed. Make-up work consists of an after school mile run with one of the coaches. Each mile covers one excused absence or excused non-participation. These workouts are the only way to regain points. Your club practice or personal trainer workouts will not count for make-up work. Make-up must be completed within one week of returning from absence, and within the same quarter as the absence.

### Non-Dresses:

If a student does not dress out in appropriate attire, he/she will lose 3 points for the day and is still expected to complete the workout in the clothes he/she is wearing. If attire precludes participation then the student will lose all points for the day. Points lost due to non-dresses cannot be regained.

### Tardy Policy:

Students are expected to follow the Locker Room and Roll Call procedures outlined below. If late, the student will automatically lose 2 points. A referral will be written after 3 tardies, in accordance with PHS policy. Students who miss more than ½ of class time will be counted as absent. Students may not make-up points lost due to tardies.

### Food:

Food, drinks, and gum are not allowed in the locker room, gym, weight room, or in class. **WATER ONLY!** Keep in mind that if your lunch is early in the day, you may need to have a snack on your way to class.

**Pre- and Post-Season Locker Room Procedures:**

- Enter the locker room before the final bell. **DO NOT** go to the parking lot during school hours. Carry your clothes with you or put them in your locker from 7:20-7:25am. NOTE: *Leaving your belongings in a teacher's room means you are not prepared for class. It is not her responsibility to be available for you to retrieve your items.*
- Arrive to your assigned roll call location (in order, alpha by last name) no later than 5 min. after the bell.
- Do not change in the restrooms.
- Use a large locker only during your class period.
- Do not leave the locker room without permission or before the final bell rings.
- Horseplay or unsafe behavior will not be tolerated.
- Please keep the area clean and safe. Notify coach/staff of any unsafe situation immediately.
- RESPECT yourself, your classmates, and your teachers.

**In-Season Roll Call Procedure:**

- Arrive at roll call with all of your belongings. You will not be permitted to go to other classrooms to pick up clothes, suits, bags, etc. after roll call.
- All athletes must be lined up in roll call order (alpha by last name) when the bell rings.
- I will take roll immediately then release you to go to the pool.
- Go directly to the pool, not to other classrooms, etc. unless you have received express permission from me for that specific day.
- Use caution when crossing the parking lot - your peers are inexperienced drivers.

\*Please note: This syllabus is subject to revision depending on facility availability in the pre- and post-season. Any changes will be explained to the students and the revised syllabus will be posted on my website.

Please detach and return this portion on Monday, July 29.

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I have read the Athletic Locker Syllabus and understand the course information and expectations. I will abide by class and school policies and understand that failure to do so can result in poor grades and/or removal from class.

Print Student Name \_\_\_\_\_ Per. \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_