

All Students must adhere to guidelines set forth in the LHS Student Handbook!

Team Sports Syllabus 2020-2021

Weight Training 101:

- **NO CELL PHONES OR EAR BUDS, HEADPHONES, NOTHING!**
- Dress out **EVERY** day
- Bring appropriate shoes, **NO SANDALS**
- Stay on task
- Perform the activities that are asked of you.
- No profane language
- Respect your fellow students as well as your teacher
- Remain **ONLY** in the gym, or athletic field. Not in the locker room or coach's office
- You will not be allowed to walk laps as a substitute for participation.
- "I have a game today" is not an acceptable excuse to sit out.
- If you are sick and cannot participate, bring a doctor's note.

****Failure to adhere to these requirements will result in removal from class for the day. Each day you are removed from the class, your grade will be negatively affected.**

Objectives:

- Mobility exercise
- Flexibility exercise
- General cardiovascular knowledge
- Circuit Training
- Bodyweight Training (power, explosion, hypertrophy, and endurance)
- Crossfit concepts
- Gymnastic concepts
- Team Sports knowledge

General Information:

Over the course of this Team Sports semester, students are to be expected to take part in every class, without much of a reason to sit out unless they are sick and have a doctor's note.

Daily Grade Breakdown:

Improper Shoes: -20 points

Improper Attire: -20 points

Non-Participation: -20 points

Removal from Class: Daily grade will be a "0" for the day.

Please sign and return:

Student Name:_____ **Parent Name:**_____