

## Alamo Heights Junior School GIRLS Athletic Guidelines 2017-18

The mission of the Alamo Heights Independent School District Athletic Department is to provide opportunities for student athletes to develop the skills, character, fitness, and overall health that promote excellence in academics, athletics and life.

### Class Policies:

1. A **physical** from your doctor is required **Due date August 21<sup>st</sup>, 2017**. This physical is good for 2 years, but must be on UIL official form. **8<sup>th</sup> graders** must fill out the front of the physical form each year.
2. All AH athletic leadership code policies will be followed by all participants in athletics at the Junior School. (See AHISD athletics for code of leadership/ included in all parent meeting power points)
3. Athletes are considered to be role models at our school. Appropriate conduct is required at all times. (before, during, and after school) Inappropriate conduct could result in removal from Athletics.
4. By choosing to enter this class, you are making a commitment to Jr. School athletic teams. **School sports come first over outside activities. Any participation in outside sports/activities requires the student athlete to provide a schedule of those activities to a coach prior to trying out.**
5. **Absences from athletics class will require a make up assignment (due by the end of the week) in order to receive credit. Turn into Google Classroom.** 10 daily points are lost for absences.
6. **Off Season:** This is a very important section of our athletic program. Any time a student is not participating on a school team they remain in athletic class and will work out in off-season until the next sport begins. Off-season consists of agility, weight training, speed and power work, cross fit workouts, core strength training, endurance building, and skill work for sports specific to our school programs. **Most off-season workouts are conducted out doors.**

### Necessary Materials:

**A.H.J.S. P.E./Athletic uniforms (\$20.00) for sale at online store and from coaches.** It is a school policy that all students purchase a Physical Education / Athletics uniform to wear in class, as well as provide **socks and tennis shoes.**

- Blue shirt and black shorts or leggings (either style) for girls. \$20 a set/or priced online. **AH school t-shirts will be allowed *only on FRIDAYS*.**
- **Deodorant-** must be kept in locker, (non-aerosol container.)
- **Socks-** must be worn.
- Container for jewelry to keep in locker. **(no jewelry can be worn during class, practice or games)**
- Hair ties - Hair must be worn in a ponytail. No metal or bows can be worn in hair during classes, practices or games.
- *Mule **HOODIE and sweat pants** can be purchased at online store. **Sweats will be used during inclement weather for all teams and off-season workouts.***

### Procedures:

#### **Dressing Room**

1. Students will be assigned their own personal locker combination and are responsible for placing and locking their clothes and accessories in their locker. Locker combinations are confidential and should not be shared with anyone.
2. Students must be in the dressing room before the tardy bell rings, dress out and report to roll call within five minutes.
3. 7<sup>th</sup> grade girls need to come to school each morning dressed in athletic clothes for class. There is no dressing time after 8:40 bell.
4. At the end of the class period, students will be given 7 minutes to dress and report to roll call to be dismissed.

### Rules:

1. No horseplay, running, or jumping on the benches in the dressing room.
2. No glass or aerosol containers of any kind will be allowed in the dressing room.
3. Cameras will **not** be allowed in the dressing room and will be confiscated, this includes cell phones.
4. **No food, gum, candy, and / or drinks** are allowed in the gym or dressing room.

5. **Athletic uniforms may not be worn after class** unless the student is staying after school for practice.
6. **Backpacks may not be brought to Athletics** unless you have after school Athletic practice.
7. Under no circumstance may another student wear someone else's uniform.

***Discipline Procedures*** -Any violation of the above policies will be handled using the following steps:

1. Warning- loss of points.
2. Call- to parents during that class period.
3. Consequence- determined by administration.

Attendance at all parent meetings would be the best way to get information first hand.

Alamo Heights Junior School Girls' Athletics class Coaches,

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## **GRADING POLICY**

### **50% PERFORMANCE:**

Full and active participation in all activities every day

Putting forth one's best effort in all activities, towards improvement of skills

Sportsmanship

Team play and cooperative skills

Coachability

Behavior at school and in the athletic period

**Off season attendance or make up assignments-** google classroom

### **50% DAILY EXPECTATIONS:**

Being on time to class, to roll call, and to all activities

Dressing out in required apparel and footwear

Not wearing any type of jewelry to class

Following all class rules and guidelines

Being respectful to self, teammates, opponents, and coaches

Having hair up in a pony tail during class time

Academic and paperwork grades

Please make sure the coaching staff is aware of any possible schedule conflicts with outside of school activities. The best way to do this is to send us an email or written note.