**Basha High School ATHLETIC LOCKER**

**Athletic Locker is a specialized Physical Education Class that prepares our athlete for their season. Throughout the school year, this class has three different workout cycles:**

**Pre-Season**= To prepare the student-athlete physically and mentally for their challenging season ahead.

**In-Season/Game Day**= To fine tune the student-athlete’s body as well as assist in rehabilitation of possible injury. Please note that players will be dressing out and participating in a Game Day Workout, this is not negotiable.

**Post-Season**= To detrain the student-athlete properly to set their muscular structure for the next Pre-Season.

Athletic Locker is a credited class with his/her teammates and where student-athlete receives a grade. However, the grade received does not equal to “playing time,” earning a “starter” position, or a guarantee to make the team.

End of the Season: Once his/her season is over it is NOT the time to “slack off” or “check out.” The student is required to still attend class, dress out, and participate fully or his/her grade will suffer.

Locker: Lock and locker will be provided. However, depending on the season, the student-athlete will need to move his/her lock to their team locker room for the duration of their season.

Uniforms: The uniform may not be cut or altered in any way. **Athletic shorts must be worn over spandex.**

Supervision and Safety: Athletes are to report to their sport’s designated area to meet their team and instructor. Any athlete not knowing technique for a particular lift is responsible to ask their instructor for a review.

**This class is a PRIVILEGE to be recommended for Athletic Locker, to be able to utilize these facilities, the equipment, and to have knowledgeable instructors to plan the workout to enhance the athlete’s performance.**

No food, gum, or drinks allowed in the PE facilities. (Bottled water allowed.) No water bottles or cups allowed in the Weight Room, there are two water fountains available within the facility.

Grading Scale: A= 90-100% B=80-89% C=70-79% D=60-69% F=59% or below

Absence Policy: Students absent from class excessively may be dropped.

Tardy Policy: All students are expected to arrive inside his/her locker room before the late bell. All tardies will result in the student losing 1% of their grade. On the second and/or third tardy the parents will be notified. On the fourth tardy and EACH tardy after will result in a referral sent to administration.

Behavior Policy: Profanity will not be accepted in any of the Physical Education Facilities. The following actions will occur when behavior becomes an issue. (For example, inappropriate language, disrespect to peers, equipment, staff members, etc.)

First Offense= Student-Teacher Conference

Second Offense= Call home, and referral to Administration.

Diversity Statement: All individuals have a right to an educational environment free from bias, prejudice and bigotry. As members of the Basha High School educational community, students are expected to refrain from participating in acts of harassment that are designed to demean another student’s race, gender, ethnicity, religious preference, disability or sexual orientation.

Infinite Campus Access: Parents can access their child’s grades and assignments by going to the school’s website and clicking on Parent Connect. Students’ information is only accessible by using an individualized password assigned by the school. Parents may contact office personnel/counselor for their child’s password.

If you have any questions or issues, please do not hesitate to contact your child’s teacher first, and please allow them 24 hours to respond.

Here are the teacher contacts:

Mrs. Farrington= Farrington.yvette@cusd80.com

Mr. Grothaus= Grothaus.michael@cusd80.com

Mr. Jennings= Jennings.john@cusd80.com

Mr. Ocampo= Ocampo.simon@cusd80.com

Mr. Smith = Smith.dave@cusd80.com

Mr. Griffin= Griffin.jeffrey@cusd80.com

Mr. Magnani= Magnani.daniel@cusd80.com

Mr. McDonald= Macdonald.chris@cusd80.com

Basha High School Grading Policy

Name of Student

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(Please Print)

I have received and read the Basha High School policies and procedures for **Physical Education’s Athletic Locker Class**.

Student Signature

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Parent/Guardian Signature

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Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_