

Advanced Conditioning

Course Description & Overview:

Advanced Conditioning classes are designed for athletes to condition their bodies using resistance training, footwork/plyometric drills, agility, and speed work.

Class Rules:

1. Athletes are expected to be in class everyday and on time!
2. Athletes are expected to dress ready to participate everyday! Proper attire is exercise clothing (ie. Shorts, t-shirt and tennis shoes). No flip flops, jeans, cargo shorts, or button shirts allowed.
3. Up to four absences can be made up. Two tardies is considered one absence. Talk with the Coach about any makeup work that needs to be done.
4. Roll will be taken at 1:05/12:30 (Wednesdays). Athlete will be considered tardy after these times.
5. Keep belongings/backpacks locked up or bring to class. The school is not responsible for stolen or damaged property.

Grading:

Grade Breakdown:	94%-100% =A	74%-77% =C
Participation/Attendance 100%	90%-93% =A-	70%-73% =C-
	87%-89% =B+	67%-69% =D+
	84%-86% =B	64%-66% =D
	80%-83% =B-	60%-63% =D-
	77%-79% =C+	Below 60% =F

I have read and understood all the information given in the Adv. Conditioning disclosure document.

Student Name: _____

Student Signature: _____

Parent Signature: _____