



Besteiro Middle School

Athletics Course Syllabus

2021-2022

Athletics is required course, but also a privilege. It can be hard but also fun; and requires the maximum EFFORT from every student-athlete. You will be expected to learn the terminology of competitive sports, dress out and participate. This course is designed to provide the student athlete with additional fitness gains such as strength, endurance, flexibility, body composition, agility and cardio respiratory endurance. By following the rules and guidelines of the class, you will be sure to grant yourself a successful year.

PRE-REQUISITE: Must participate in a sport; and 7th & 8th Graders must have a PHYSICAL.

➤ **OBJECTIVES:**

1. Develop Agility
2. Develop Speed
3. Develop Endurance
4. Develop Explosive Power
5. Help Prevent Injuries
6. Knowledge of the Use & Safety of the Weightroom
7. Demonstrate knowledge of the rules of each sport.
8. Demonstrate improvement in the basic fundamental skills in various sports.

➤ **GENERAL GUIDELINES:**

1. Athletes will be **EXPECTED** to give full **EFFORT** at all times.
2. Attendance is required.
3. Athletes must dress to participate (T-shirt, Shorts, Warm-Ups, Athletic Shoes)
4. Respect other people's property/belongings.
5. Respect all Administration, Teachers, Staff and Students.
6. Follow directions and instructions at all times.
7. Refer to besteirowildcatpedept.weebly.com for online expectations.

➤ **CONSEQUENCES FOR GUIDELINE VIOLATIONS:**

1. Verbal Warning
2. Call Parent
3. Detention
4. Parent Conference
5. Consult Administrator (Referral)
6. You will be REMOVED from Athletic Period

➤ **GRADES:**

1. 60% All Test (Skills, written and six weeks).
2. 40% Participation and Dressing out

I understand the importance of the above Rules and will follow them.

STUDENT SIGNATURE: _____

My son/ Daughter has reviewed the rules for class with me and agrees to follow them. The items required will be in his/her locker to be available when needed; and student will be held responsible for their own belongings.

PARENT SIGNATURE: _____ **PHONE#:** _____

Boys Office # 698-0595

Girls Office # 698-1291

Coach Brian Medina- Athletic Coordinator
Coach Hector Guerra- Conference: 7:45am-9:15am
Coach Laura Gomez- Conference: 7:45am-9:15am
Coach Guadalupe Perez- Conference: 7:45am-9:15am
Coach Patricia Salgado – Conference: 7:45am-9:15am
Coach David Hinojosa – Conference: 7:45am-9:15am