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**CHS Spiritline Syllabus**

**Coaches**

 Coach Van Norman: vannorman.kendra@cusd80.com

 Room 212: Tutoring is offered

 Coach Butenschoen: butenschoen.nicole@cusd80.com

 Room 204: Tutoring is offered MTWTHF 2:14-3:30pm

 Coach Jenkins: wolvesjvcheercoach@gmail.com

 Off Site

**Course Description:**​

The Chandler High School physical education department is based on the premise that physical activity and participation are important for all students, regardless of their level of athletic skill or ability. Throughout various activities, students in our program will learn how to incorporate physical activity into their daily lives. In addition, we hope to instill enjoyment of physical activity, as well as an understanding of the importance of maintaining physical fitness.

​ Expectations are similar to that of a physical education course. We require our athletes to participate in written and physical activities. Students will be challenged in both aspects to encourage strength in mind.

​ If a student is to sit out due to illness or injury, athletes will still be expected to provide a doctor's note, proof of prevention (whether that be with the school's trainer or with your own), and to complete written assignments until cleared.

**Required Materials:**

* **Pom**
	+ 1 Inch Binder (can use school one--just had a tab for pom)
	+ Cheer/Sports Bag
	+ Jazz Shoes
		- No socks only for dancing
		- Must have both shoes
	+ Tennis Shoes and socks
	+ Ankle Weights
	+ Stretching Bands

**Gym Entry Expectations**

 Athletes are expected to have their hair up, appropriate attire ready, jewelry off, clipped nails, on time, shoes on, and ready to get mats out or start warm up. Leaders will be expected to begin warm up on the time of practice without the coach’s prompting. Squads will be in assigned stretching positions based on head coach’s preference. All athletes should be focused and counting with the leaders during stretch. Athlete's effort will be evaluated for participation points.

**Bathroom Expectations**

* Plan on using the bathroom before practice. No athlete should be using the bathroom for warm up or stretching. No athlete should be running into the bathroom during running warm up.
* If we are about to go into strength and conditioning, use the bathroom before.
* One person at a time

**Electronics**

 Students will not have earphones around their ears, tucked in their shirts, etc. Coaches will not allow any use of the cell phones and they must be tucked away in their backpack. If seen, phones will be taken away. First warning, coaches will keep it until the bell rings and return to the athlete. Second warning, coaches will take the phone to the front office.

**Group Me**

* Group Me is a courtesy. CHS Spiritline uses this app as a reminder for athletes. It is still the athlete’s responsibility to keep up with the emails, check the website, and look at the calendar.
* Parents are welcome to join Group Me if they would like the reminders as well. Contact the coach and they can get you set up.
* Remember to use Group Me appropriately. It is not a discussion board to override the coach on decisions. If there is a disagreement, it is best to be handled face to face rather than over text to avoid miscommunication.

DO NOT message after 9pm. It is a common courtesy rule that is applied to school, work, and outside relationships.

**Wolf Den**

ALL athletes are expected to go to the wolf den after practice. We will be checking attendance at the end of the period. Any athlete who does not report to the wolf den will receive a referral. Wolf den will be clean when athletes leave.

**Spiritline Practice/Events**

 All athletes will be expected to be respectful and follow the lesson plan for the day. If an athlete is disrespectful, defiant, not listening to corrections, or refuses to do the routine/skill full out, they could be asked to sit out, provided a referral, parent contact, or other means communicated in the constitution.

 **Grading: Each quarter grade is 40%.**

* **Final Exam: 20% of total possible points.**
* **Course grades will be assigned as follows:**

 **A 90% - 100% C 70% - 79%**

 **B 80% - 89% D 60% - 69% F below 59%**

It is recommended that you record names and phone numbers of at least two other team members

**Points:**

* 5 points for 1-6 schedule day
* 10 points for block day
* 50 points for mile test
* 30 points for basketball games
* 10 points for football games

Points will be deducted by .5 for any violation, which includes but is not limited to jewelry, hair, make-up (pom), tardy, not being prepared or ready on time, not throwing skills, nails, gum, lack of participation, etc.

Points will be deducted by 3 points for disrespect, which includes but is not limited to eye rolling, talking back or any negative expression, etc.

**Assessments:**

* **Mile Run**: Athletes will be required to complete various mile assessments throughout the year. They will be expected to run under 10 minutes (1st semester) and 9 minutes (2nd semester) for a full grade.
	+ If an athlete is struggling with the mile, they should be practicing their cardio outside of class to improve. Just like any other subject if a student is struggling, practice will help.
	+ Coach B has several workouts that will help increase endurance and cardio without having to “just” run miles every night.
* **Skills Testing**: Athletes will be required to complete skills testing throughout the year. Their placement on the team will be based on these requirements. We do not want our athletes to be complacent, but want to see growth.
* Grades are recorded as raw points. The final score is determined by dividing the total number of points scored on all gradable activities by the number of points possible. It is your responsibility to track your grades on Infinite Campus.
* Students must be passing with a 75% at the end of each quarter or they will be removed from the program and from 1st hour Spiritline.

**Final Exam**

All athletes will take final exams. The final exam will count as 20% of your semester grade.

**Absent Work**

 Athletes will only be given the amount of days missed to make up the absence. For example, if he/she missed Monday, he/she will need to get the assignment on Tuesday and turn in the assignment on Wednesday. If he/she does not have class that next day, he/she will need to come in before school, during passing periods, before/after lunch, or after school to be considered not late. Exams, quizzes, and homework often include questions on material presented only in class, so performance on these indirectly reflects attendance. Cooperative learning and teamwork is a big part of the class. Check out the website for assignments for missed participation grades/tests/etc. *Athletes will only be able to complete 2 makeup assignments per quarter.*

**Chandler High Spiritline Website(first hour tab)**

<https://www.chandlerhighspiritline.com/first-hour-class>. **ALL** assignments and updates about first hour will be found in this section.

**Tardies**

 Athletes late to first hour will be marked tardy on the school attendance. After five tardies, Athletes will be given a referral (as per the school policy). Athletes late to other practices/events will be marked off points on Infinite Campus. Athletes will not be able to make up points for tardies.

**Games**

Participation at games is a grade for the class. If missed, then athlete may make up their points with a written assignment that can be found on the website. *Not to exceed 2 makeup assignments per quarter.*

**Hair and Make Up for Football Games**

Right part hair slicked back with a low ponytail (pom) and/or high ponytail (cheer) or TBD by coach. Make-up is to the preference of the athlete, just not excessive (as stated in the constitution).

**Important Dates (tentative)**

* August 12: Pom Choreography from 3:30-7:30pm
* August 19: Cheer/Band Dance Evaluations (knowledge)
* August 19: Choreography from 3:30-7:30pm
* August 23: Cheer/Band Dance Evaluations (showmanship/sharpness)
* August 30: First mile
* September 11: Choreography Evaluation (knowledge)
* September 25: Choreography Evaluation (showmanship/sharpness)
* September 25: Skill Evaluations
* September 26: All levels Homecoming Practice
* September 27: Homecoming Game

**Syllabus Acknowledgement**

As a member of the Chandler High Spiritline, you need to adhere to the rules and expectations that have been placed on you. If you choose not to follow, there will be consequences. Depending on the severity, you may receive: a warning, a conference with the coach, a phone call home, a conference with your coach and parent, behavior contract, or even be benched from activities/games/competitions.

If you fall below a 75% at the end of the quarter, you will be dismissed from the program and require a schedule change.

**I have read the rules and expectations above about being a member of the Chandler High Spiritline. I will follow and acknowledge what is expected from me.**

Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_