



## **Pre-Athletics Course for 6<sup>th</sup> Grade**



Students will **focus on athletic conditioning, strength, and agility**. The Pre-Athletic class will also focus on in-season sports at the time; ex: volleyball, football, basketball, track and cross country. Students will learn skills, drills and rules for each sport. There will also be opportunities to dive deeper into specific skills through after-school camps focused on skills needed for 7<sup>th</sup> grade sports tryouts.

### **Welcome to 6th grade Pre-Athletics!!**

We are happy to have your future student-athlete in our class!! This class is designed for any students who are interested in participating in our athletics course at the middle school level starting in 7th grade.

#### **Overview-**

The purpose of 6th grade Pre-Athletics is to prepare students for the expectations of 7th grade Athletics and the fundamental skills for sports offered at our campus.

The 4 focus areas of this course are:

1. Developing a champion (academics, teamwork, character, work ethic)
2. Increasing strength training confidence, technique, and explosion
3. Improving speed and agility through balance, running form, body awareness, and stamina drills
4. Teaching sport-specific movements, fundamentals, and schemes.

**Students participating in Pre-Athletics must recognize that the workouts will prepare students for the workouts performed by our 7th and 8th grade student-athletes. The physical demands are greater than those of Physical Education, and the expectation is that each student gives his or her best each and every day (Developing a Champion). Coaches expect students to work hard, have a positive attitude, and have fun just like you will be doing on a team. Students enrolled will participate in all sports that are in the program. Students can opt out of the course at the end of a 9 week period after speaking to both parents and coach. Students can also be removed if behavior or academic expectations are not met. Removal does not mean that the student cannot participate in Anthony sports the following year.**



## 4 Focus Areas of 6th Grade Pre-Athletics:

**Developing a Champion**-students will have character lessons, be involved with teamwork, be on competitive teams, and will have class behavior monitored in a way that is similar to 7th/8th student-athletes.

**Strength Training**-students will be taught proper weight-lifting technique. Additionally, they will participate in strengthening activities that use their own body weight.

**Speed and Agility**-students will be taught proper stance, start, running form, and drills to enhance balance, flexibility, speed, cutting, agility, jumping, and landing.

**Sport Specific Skills**-students will be introduced to sports through drills, skills, and competitive team activities related to volleyball, football, basketball, track, and cross country.

**Uniforms**- Each student will need to have a uniform that is worn daily. Uniform purchases will be made at a later time and notification will be sent out. In addition, your child will need to have tennis shoes that are appropriate for physical activity. These shoes can be left in the student's locker so they are not having to bring them home each day.

**Locker/Locks**-Students will be assigned a locker and a combination lock for their clothes/backpack. It is the student's responsibility to secure their belongings in their locker. Anthony is not responsible for items in locker room that are stolen or missing when lockers are not locked.

**To Be Excused from Pre-Athletics Participation**- for a student to be excused from participation he/she must bring a note from his/her physician stating why an activity should be limited or avoided. The note must include 1st/last name, dates to be excused, reason, date to return to play, and physician signature. The student must still dress out even though he or she is excused from an activity. If a student has an upper body injury, he/she can do lower body exercises. If a student has a lower body injury, he/she can do upper body exercises. Parent notes do not excuse an athlete from athletic participation.

**Grading**-Students will be graded on dressing out in assigned gear, participation and effort, and summative assessments throughout the 4 focus areas listed above.

**\*Please download the sportsyou APP and use the access code: CV5R-2DPB to keep up with all information about the class, camps, and uniform purchases**

**Champion Skills: teamwork, attitude, work ethic.**

