**Contact Information:**

Coach Williams

Email: awilliams6@Kleinisd.net

Conference: 2nd period 8:18am-9:08am

**I.** **DESCRIPTION OF COURSE:**

* This class is designed to challenge motivated student-athletes and prepare them for success in college sports. This class requires commitment from parents and athletes. Students are expected to dress out and participate in class every day. Student-athletes must be present to class every day. Student Athletes must wear appropriate workout attire. Athletes will be expected to participate in raising funds in the fall and spring semester that will enhance their athletic performance.

 **II** **GRADING PROCEDURES:**

* Student-athletes must understand their grade will be effected tremendously for dressing out and participating in athletics.

* Dressed out in athletic attire and participate 100 pts

o Not dressed (i.e non athletic attire) 50 pts

**III. TARDY PROCEDURES:**

* Athletes are require to be on time as any other class period they are enrolled in. If an athlete is late to class, she will be marked tardy. This applies to the bell schedule designed by the school. It does not apply to 6am practice.
* If an athlete arrives to class late after before school tutorials they will be marked tardy or absent depending upon the time they arrive back to class.
* If an athlete is 15 minutes late to class, they will be marked absent and must check in at the attendance office and get a pink slip, they will not be admitted to class by coming through back door to athletics.
* If an athlete is out of area when attendance is taken at the beginning of class and shows up to class later they will be marked absent and the absent will not be changed.
* Please understand Tardies and Absences effects athlete’s exemptions.

**IV. REQUIRED SUPPLIES:**

* Physical- **Must have it by September 5, 2017.** After September 5th the student athlete will be removed from athletics and placed in another elective.
* Rankone.com (Form must be completed)
* Workout shirt and shorts
* Workout shoes
* Notebook

**V. Social Media Outlets:**

 **Parents Remind 101 and Twitter are some ways to communicate with me, receive information about meets, the class and athlete accomplishments. There are two different classes for you to join. Please only enroll in the class your daughter is a competitor in. If they compete in both Cross Country and Track only join the parent cross-country class. You do not have to join both. If the athlete competes in Track ONLY join the parent track and field class. Parents please use Remind 101. I will answer many questions you have about the meet schedules among other questions that may arise. Athletes do not need to join the parent class. They will be given a different access code. Parent Access codes are listed below.**

**2017 Cross Country Parents Access code: 2017xcpar**

**2017- 2018 Girls Track Parents Access code- eh97dd**

**Follow us on Twitter @KOGirlsTrack\_XC**

**PARENT AND STUDENT INFORMATION (PLEASE PRINT and RETURN)**

**PARENT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ATHLETE NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PARENT EMAIL ADDRESS (that is working and checked frequently)**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* A copy of the Syllabus will be posted on the Klein Oak Track and Cross Country Website as a reference\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***