

**DORMAN HIGH SCHOOL  
PHYSICAL EDUCATION/SPORT SPECIFIC  
INSTRUCTOR: COACH BOBO**

**1. COURSE DESCRIPTION AND REQUIREMENTS**

The Sport Specific Physical Education Class at Dorman is for athletes to prepare for their upcoming season or in-season training. You must currently be on a Dorman Athletic roster or have completed the following season in your specific sport.

**2. ACTIVITIES**

Students will be actively involved in weight lifting, conditioning, and agility drills to improve their performance in their respective sport.

**3. MATERIALS NEEDED EVERYDAY**

Students will need tennis shoes, shorts, t-shirts, and socks everyday.

**\*\*\*STUDENTS DRESS OUT CLOTHES MUST COMPLY WITH SCHOOL DRESS POLICY**

**4. GRADING POLICY**

Students are graded on a 20 point day. Failure to dress will result in the loss of all 20 points for that day.

Dress: 5 points

Warm-up properly: 5 points

Weight training: 5 points

Conditioning/Agility drills: 5 points

**Failure to dress out:**

1<sup>st</sup> offense: loss of 20 points parent contact

2<sup>nd</sup> offense: loss of 20 points morning detention

3<sup>rd</sup> offense: loss of 20 points and office referral

**5. CLASS RULES/PROCEDURES**

Follow school rules

Food and drinks not permitted in class

In assigned area at designated time

Respect yourself and others

No student is to leave the gym or locker room area to go to the parking lot

**NO CELL PHONES OR ELECTRONICS DEVICES ALLOWED**

**6. DISCIPLINE PROCEDURES**

1<sup>st</sup> offense: warning and parent contact

2<sup>nd</sup> offense and above: office referral and parent contact

**\*\*\*EXTREME DISTURBANCES RESULT IN IMMEDIATE OFFICE REFERRAL**

**7. PARENT COMMUNICATION**

Feel free to contact me if you have any questions or concerns through Voice-mail at 582-4347(ext. 1143) or e-mail at [bobot@spart6.org](mailto:bobot@spart6.org).

Sincerely,

Coach Bobo

Student's signature\_\_\_\_\_ Date\_\_\_\_\_

Parent/Guardian signature\_\_\_\_\_ Date\_\_\_\_\_