

8Th period Power

Lifting

Being a member of the Copper Hills Girls Softball Program is a terrific opportunity and a great accomplishment. However, it is not a right, nor is membership unconditional. A player wishing to be a part of the Copper Hills Girls Softball Team must learn to live by the following Lady Grizzly standards. If you agree to this disclosure and standards please have a parent or guardian sign this form, then you sign and return it.

**Grizzly Definite Dozen**

The Grizzly softball team takes pride in all we do. As a coaching staff we strive to build strong girls physically, mentally and emotionally. We feel that in order to do that there are life skills that we should follow. We have called these the Grizzly Definite Dozen. These will be strictly enforced and we hope that you can help us to follow these each day.

1. Respect yourself and others

2. Take FULL responsibility

3. Develop and demonstrate loyalty

4. Learn to be a great communicator

5. Discipline yourself so no one else has to

6. Make hard work your passion

7. Don’t just work hard, work smart

8. Put the team before yourself

9. Make winning an attitude

10.  Be a competitor

11.  Change is a must

12.  Handle success like you handle failure

**Academic Grade**

All athletes who are participating in the Power Lifting class must always have with them

1. Athletic shoes

2. Work out clothing that is appropriate for the season and school code

3. Water bottle.

4. 8th period folder

**Classroom Participation/Grading:**

Participation is critical for the strength gains we are trying to accomplish this year. As a result, every day that is missed must be made up. Each day students will receive 30 points by simply giving an honest effort, being on time, and being properly dress. Students are not graded on how fast they run or how well they perform, but rather on consistent participation. If they miss a class, it is expected that make-up work be completed.

Make up Policies

1. A maximum of 3 excused absences may be made up for full participation points, per quarter. Any absence after that will result in 0 participation points.
2. 90 minutes of cardio, strength training, and agilities must be made up on your own time with a written paper of what you did signed by your parent as well as a phone call from them verifying you did what you said you did.

Grading Policy:

0-30 points possible per day for participating in each class activity.

Points will be deducted for tardiness, getting off-task, and/or not being properly dressed.

100-93= A 86-83= B 76-73= C 66-63= D

92-92= A- 82-80= B- 72-70= C- 62-60= D-

89-87= B+ 79-77= C+ 69-67= D+ 59-0= F



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By signing this agreement you and your student understand that this is an academic class, one in which a letter grade is received. In order for your student to gain the full benefits of having a class such as this, they must be present to earn the letter grade of THEIR choice.

Signing below states that you understand how to help your daughter make up their excused absences, and that only 3 absences can be made up for full points, per quarter, after that it will result in a 0 for the day.

This class is specifically designed to help coaches build stronger athletes for the future success of their sports programs, and I am hoping that I have your support in that.

This is going to be an amazing year, thank you for being a part of it.

Player’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_