

Zero Period Distance Syllabus 2024

Purpose:

The purpose of the Zero period Athletics class is to allow our student-athletes the opportunity to get in workouts and training runs in safer temperatures (especially late summer and early fall), as well as throughout the school year and to also give them an opportunity to learn through education-based athletics. Students will be expected to communicate with the coaching staff regarding practice attendance, training, and must follow all team and school rules. Being a member of a Roosevelt Athletics program is a privilege, not a right, and athletes are expected to take their sport seriously.

Grading:

Practice/Attendance: 85% - It is the athlete's responsibility to attend all practices, including strength/core sessions & Saturday practices. Excessive tardiness or missed practices could result in a removal from zero period. Communication with coach is also important, and reaching out when something occurs, and you are unable to attend, is then the next best step. If an athlete fails to communicate & check in when we have practice or does not check for zero period when we don't practice, the athlete will be marked absent.

Goals, Syllabus and Season Review: 15%

Grading Scale

A: 90 and above B: 89-80 C: 79-70 D: 69-60 F: 59 and below

Practice and Attendance Policy, this includes Saturday Practices:

We will practice three days a week before school, with a start time before 6:30 am. Wednesdays will almost always be after school, and whatever day we do not practice in the morning, we will hold a zero-period team meeting with an in-class attendance check-in in E-207.

- 4 unexcused absences or less – A (90%)
- 6 unexcused absences or less – B (80%) **Parent Conference with Coach Shonna and student.
- 7 unexcused absences or less – C*(70%)
- 10 unexcused absences or less – D*(60%) ** Possible Removal from team
- 11 unexcused absences or less – F*(50%)
- *Excessive tardies and absences may result in removal from zero period.
- 2 Tardies = 1 absence
- Non-dresses count as a tardy.
- Leaving practice before you have completed all requirements for the day counts as a tardy.

Character

Good sportsmanship, being a good teammate and person is expected from everyone. Character matters. Student-athletes who fail to live up to the character/attitude expectations could be removed from zero period, or the team. Student-athletes could also see their citizenship/grade affected for poor decisions.

By signing below, you understand all guidelines being put forth to participate in the Zero period Distance Track class, as well as all attendance policies to remain on the 2022 zero period roster.

Student-Athlete Name Printed

Student Athlete Signature

Date

Parent Signature

Date