



New Westminster Secondary School

835 Eighth Street, New Westminster B.C. V3M 3S9 Telephone: 604-517-6220 Fax: 604-517-6204

STRENGTH & CONDITIONING EXPECTATIONS & EVALUATION

COURSE PHILOSOPHY

The course will work to improve athletic performance through a variety of strength and conditioning methods and techniques towards chosen sport, athletic, and lifestyle goals. Furthermore, this course will help students gain a better understanding and awareness of their bodies by exploring how their body functions, moves, and feels. It is the hope that students' will be able to apply knowledge to their Physical Health and a healthy lifestyle after high school.

STUDENT EXPECTATIONS

1. Display **INITIATIVE** towards all class activities and assignments as well as assuming the necessary **RESPONSIBILITY** towards their successful completion.
2. Conduct themselves in a **RESPONSIBLE** and **MATURE MANNER** at all times.
3. Attend class **ON TIME** and **ACTIVELY PARTICIPATE**.
4. **HAVE APPROPRIATE CLASS EQUIPMENT.** Notebook and writing equipment for organizing classroom materials, wear appropriate gym strip for all weather conditions, and have a water bottle for all Strength & Conditioning classes.
5. **PERSONAL ELECTRONICS DEVICES.** It is the student's responsibility to use personal electronic devices appropriately, educationally and **RESPECTFULLY** while in the classroom at the teachers discretion. A further review of school Code of Conduct will provide further details.

REMEMBER TO BE RESPECTFUL and HAVE FUN!

ATTENDANCE

Students must make up all **EXCUSED** absences at the teachers discretion. **UNEXCUSED** absences cannot be made up. Each absence requires parent/ guardian notification to acknowledge the absence. Notification must be given in a timely manner or on the day that the student returns to class, not days or weeks after the absence. A doctor's note must be provided for a long term medical excuse. **20 ABSENCES or 40 LATES in the course way may result in an INCOMPLETE/ FAILER in the course!**

FACILITIES and EQUIPMENT

Change room lockers are for class use only. Students **MUST** bring their own lock and remove that lock at the end of class. Keep gym bags and other valuables locked up. Personal belongings and valuables are the **TOTAL RESPONSIBILITY** of the student.

STAFF ARE NOT RESPONSIBLE FOR LOST OR STOLEN PROPERTY.

EVALUATION

Class Participation (60%)

- 40% Performance Training & Overall Effort/ Participation
- 20% Fitness Development & Testing

Class Theory (40%)

- 10% Performance Training Labs/ Skill Assignment/ Workout Logs
- 20% Test & Quizzes
- 10% Personal Strength & Conditioning Program

Should you have any questions, please feel free to contact me regarding illness, course content & evaluation, health & fitness questions, or your son's progress. **It is best to contact me via e-mail** at coatway@sd40.bc.ca. For more information on the course activities and expectation parents/guardians can visit the Strength & Conditioning website at: www.coachoatway.com

Please keep this page for your records and fill out the other pages and return it with your son/daughter.

Sincerely,

Chad Oatway
Physical Education, Home Economics, & Planning Teacher
Football & Wrestling Coach
Ski & Snowboard Club Coordinator
New Westminster Secondary School
"Home of the Hyacks"



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Please complete the following confidential emergency contact form:

Date: _____

Students Name: _____

Parent/ Guardian Names:

Parent/ Guardian Signature:

Phone Number where you can be reached during the day in case of emergency:

_____ Alternate number: _____

E-mail: _____

Medical Concerns, Allergies, Medication, Etc:

Other Concerns:

