



6th Grade Swimming Expectations

Course Description

6th Grade swimming is a course that introduces students to competitive swimming skills. Students will learn the competitive swimming strokes and other skills associated with swimming. Students will play a series of swimming games to help improve their swimming skills and overall physical conditioning.

Grade Structure

Student Grade Scale will be as follows: Your child will begin each week with a 100 for participation. They simply have to dress out and participate to the best of their ability every day and they will maintain these grades. Every day that a student does not get in the water and participate without a valid reason (see Sick/Injured Policy) the student will lose 20 points for that week. From time to time we may take written quizzes over material we have learned in the class.

Equipment: - see attached equipment list

Pool Rules

1. No food, drink, or gum chewing is allowed in the pool area or locker rooms.
2. No electronic devices are allowed in the locker room.
3. Get to the pool quickly and place your books on the bleachers at the end of the pool. With urgency, change into your swimsuit and sit on bleachers along the side of the pool. No one gets into the pool until given instructions by the coach.
4. NO horseplay.
5. Be courteous and respectful to the coaches and classmates.

Lockers

1. Students will share a locker with two other students in the class

2. Only **COMBINATION LOCKS** are allowed and you must give the combination to the coach. Items that are stored in an unlocked locker are not secure from others.
3. Do NOT take anything from the locker room that is not your own property.
4. Do NOT leave anything on the floor. Anything left on the floor will be thrown away.
5. Keep your locker and locker room clean.

Sick/Injured Policy

1. If you are sick or injured, you need a parent note and/or a doctor's note to be excused from participating. Parent note is only acceptable for a **maximum of two days** of participation. A note needs to be brought for **BOTH** days.
2. If a student needs to be out **for longer than 2 days** then a **doctor's note is required**. The doctor's note must indicate if there are any restrictions and for how long. If you are unable to participate for an extensive period of time, changes to the schedule may be made in order to allow students to fully participate in PE at another time.
3. Menstrual Cycles – In order to swim during your cycle you must have appropriate protection that does permit contamination of the pool with biological fluids. 6th grade girls are not required to practice during their menstrual cycle as long as they bring a note from their parents **every day** that they are on their cycle. If this note is not given to the coach each day, then this will constitute non-participation. We also encourage the girls and their parents to begin discussions about how to swim during their menstrual cycle if they continue to participate on the swim teams at the Junior High and High School.

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6th Grade Swimming Expectations Acknowledgement Form

I, _____, have received a copy of the 6th Grade PE Swimming Expectations. My parent/guardian and I have read and understand the information presented and I will abide by these expectations

Athlete printed name: _____

Athlete signature: _____

Date: _____

ParentGuardianprinted name: _____

Parent/Guardian signature: _____

Date: _____