

Advanced Strength and Conditioning

Mrs. Jazwinski/Mr. Koziak

Teacher

Mrs. Katie Jazwinski

- Grand Rapids West Catholic Graduate
- B.A. Physical Education, Health – University of Michigan
- 5-time Division I All-American Track & Field, Cross Country
- 2-time Olympic Trials Qualifier 2002 – 5000 m, 2012 Marathon
- Brooks Top Ten Most Inspirational Coach in the Nation
- Mona Shores High School – Presently hired

Phone Number 321-780-4711 ext. 8316

Email Address jazwinsk@monashores.net

Webpage www.jazzrunning.com

Best time to Contact 1st Hour – 7:40-8:40

Course Description

Our goal for this class is that each and every student will become bigger, faster, stronger, and have A REALLY SOLID CORE! In order to achieve this goal, our class will include a strenuous training program. Each week students will participate in core strength, weight training, conditioning exercises and plyometrics. The expectations of this class will be very high and all students will be expected to be full participants. Upon exiting this class, students will be prepared to have success on the athletic field and live a healthy active lifestyle.

Course Procedures and Policies

1. Grades will be earned using the following percentage system.

Participation/Effort	75%
Performance Tests/Assignments/Homework	25%

2. Grade Scale:	A	93-100	C	73-77
	A-	90-92	C-	70-72
	B+	88-89	D+	68-69
	B	83-87	D	63-67
	B-	80-82	D-	60-62
	C+	78-79	F	0-59

Class Expectations

1. **Respect** all students and staff and their property.
2. **Be prepared.** Arrive to class on time. You are responsible to be dressed for class everyday (including game day). Appropriate physical education dress is required and the dress code will be observed. Students should bring their homework in a folder.
3. **Tardy Policy** - Students will be marked tardy if they are not in the locker room at the time of the bell and/or they are not in the designated area in the gym within 5 minutes of the bell.
4. **Follow all school policies** that are within the handbook. You are responsible for them and will be held accountable for them—including dress.
5. All students are expected to **shower** after physical education class. It is very important to have good hygiene in order to maintain a healthy lifestyle.

Parents/Guardians:

Thank you for sharing your child with me this trimester. I believe that one of the most important parts of the educational process is good communication between teachers, students, and parents. My goal is to have clear expectations of my students and good communication with parents. I encourage you to contact me with any questions that may arise throughout the year. Please visit my blog for daily schedules, links to assignments, and reminders of upcoming tests. Please fill out the slip attached in order to have open lines of communication. Thank You!

Parent Signature _____

Printed Name _____

Parent email address and phone number _____

Student Signature _____

Printed Name _____

Hour _____