



**Coach Kevin Corrinet
R.H. Dana Middle School**



CrossFit P.E. - Room #301 (The Cove)

Class Website/Blog + Contact Info:
<https://wiseburncrossfit.org>

I am incredibly excited to welcome you to CrossFit P.E. at R.H. Dana Middle School! Now in our 7th year of implementation, CrossFit P.E. is a semester-long, fitness-based, transformational fitness course that exposes students to high-intensity workouts/using the CrossFit Kids methodology in addition to teaching nutrition, leadership, character development, and how to stay fit outside of CrossFit P.E. For newcomers, this course will likely be one of most physically and mentally challenging (as well as one of the most rewarding and life-changing) experiences to date. For our returning CrossFit athletes, this semester will be a great opportunity to push yourself even further than before. To learn more about the 'Wiseburn CrossFit' vision, your coach, our school's amazing 2,000 sq ft CrossFit facility, or about the other CrossFit programs offered to the DMS community, please check out the class website's 'About Us' section. *HOOAH!!!*

COURSE SUPPLIES/MATERIALS:

- Athletes will need the following materials by **on Monday, January 27th** and they will need them **for every class:**
 - Dana P.E. Shirt and Dana P.E. Shorts with student name (and nothing else) written on name bars
 - Tennis / Athletic Shoes with Athletic Socks
 - Student Fitness Journal (This will be supplied to you; if taken home, it must be brought to every class)
 - Water Bottle (for water only) → Optional; we have two water fountains in Room #301
 - Dana Student ID Card (can be replaced through Mrs. Ory in the library for \$5).

GRADING POLICY

The 3 different types of graded activities for the semester are listed below with their frequencies:

1) Completed Workout of the Day (WOD) = 80% of Semester Grade (see rubric below)	2-3/Week
2) Projects/Assignments = 10% of Semester Grade	1/Semester
3) Nutrition Unit Exam = 10% of Semester Grade (1 re-test allowed)	1/Semester

CROSSFIT PE: 'WORKOUT OF THE DAY' RUBRIC

4	3	2	1
COMPLETED WORKOUT W. NO DEDUCTIONS <input type="checkbox"/> 100% EFFORT GIVEN TOWARDS WORKOUT (ATHLETE AND COACHING DUTIES) (+ 80%) <input type="checkbox"/> FULLY DRESSED IN DANA PE UNIFORM OR 1 ST , 2 ND , 3 RD USE OF LOANER CLOTHES (+ 10%) <input type="checkbox"/> JOURNAL BROUGHT TO CLASS & FULLY UPDATED (+ 10%)	COMPLETED WORKOUT W. DEDUCTIONS: <input type="checkbox"/> < 100% EFFORT GIVEN TOWARDS WORKOUT → BOTH ATHLETE AND COACHING DUTIES (-20%) <input type="checkbox"/> NOT FULLY DRESSED IN DANA PE UNIFORM (-10%) <input type="checkbox"/> DRESSED IN LOANER CLOTHES > 3 TIMES (-5%) <input type="checkbox"/> NO JOURNAL AND/OR JOURNAL NOT FULLY UPDATED (-10%)	DID NOT PARTICIPATE (EXCUSED) <input type="checkbox"/> ABSENCE, NOTE FROM HOME, NOTE FROM DOCTOR, OR ILLNESS/PASS FROM SCHOOL NURSE <input type="checkbox"/> MAY MAKE-UP WORKOUT FOR FULL CREDIT (100%) BY COMPLETING A 'HOME WOD' ASSIGNMENT W. PARENT / GUARDIAN VERIFICATION + VIDEO -OR- A MAKE-UP WOD AFTER SCHOOL	DID NOT PARTICIPATE (UNEXCUSED) <input type="checkbox"/> NO NOTE AND/OR NOT DRESSED APPROPRIATELY TO SAFELY COMPLETE CROSSFIT WORKOUT <input type="checkbox"/> MAY NOT MAKE-UP WORKOUT TO EARN FULL CREDIT; GRADE STAYS AS IS
GRADE: 100%	GRADE: 60-95%	GRADE: 0% (TEMPORARY)	GRADE: 0%

***** ZERO PERIOD ONLY *****
TARDY = 10% GRADE DEDUCTON PER WORKOUT (1st TARDY = WARNING)

CODE OF CONDUCT - WISEBURN CROSSFIT KIDS

A primary focus for the mission statement of Wiseburn CrossFit Kids is for students to become future leaders of character. As such, here are the guidelines that all students are expected to follow and demonstrate while enrolled in CrossFit P.E.:

- 1) INTEGRITY – Always do the right thing, even when nobody is looking.
- 2) Respect everyone at all times.
- 3) Always give 100% effort – No Excuses!
- 4) Be on time and ready to workout.
- 5) Report **fully dressed** & with all required materials.
- 6) Take care of the box (Room #301) and of the class equipment.
- 7) Support each other – One Team, One Fight!
- 8) Ask for help / ask questions when needed ☺

ATHLETE CONSEQUENCES (POSITIVE & NEGATIVE)

<i>NEGATIVE CONSEQUENCES</i> ☹	POSITIVE CONSEQUENCES ☺
<ol style="list-style-type: none"> 1. Verbal Warning 2. Loss of participation for end of class game 3. Communication/Conference with Parent/Guardian 4. Discipline referral submitted to administration 	<ol style="list-style-type: none"> 1. End of Class Shout-Out 2. Ringing of the PR (Personal Record) Bell 3. Positive note/phone-call home 4. Promotion to a platoon leadership position

ABSENCES/ TARDIES:

Tardies: Students enrolled in Periods 1-4 are considered tardy if they have not reported to Room #301, in formation and fully dressed in the allotted time given to change (5 minutes from the period's start bell). Tardy students have the option of receiving a tardy or performing burpees; repeat offenders will receive consequences in accordance with the Dana Handbook. Students enrolled in Zero Period adhere to the class Tardy Policy/Letter that was signed at the beginning of the year.

Absences: Given that the 80% of a student's grade comes from completing the WOD's (Workout of the Day), students not present for (or who do not complete) a WOD will receive a TEMPORARY 0% grade for that WOD until a make-up WOD is submitted. **The responsibility of making up missed workouts lies solely with the student!**

OTHER THINGS TO KNOW:

- Students are welcome to use the restroom when changing in the locker rooms; not during instructional time.
- In addition to having 2 drinking fountains located inside Room #301, Students may also bring water in a bottle. However, there is NO GUM, FOOD, or ANY DRINK OTHER THAN WATER allowed during class.
- A Parent or Guardian may write an excuse for a student for up to three days. Notes should include the student's name, date(s) to be excused, reason for the excuse, parent signature and a telephone number where they can be reached. If a student needs to be excused for more than three days, a doctor's note is required. Students, even with a note and/or medical excuse, are still held to the missed workout/grading policy described above and on the front so that they complete course requirements.
- Students with medical conditions that limit their participation must bring a doctor's note outlining any modifications needed in their physical routine. The student's physical activity will be modified accordingly.

THANK YOU AND PLEASE REACH OUT WITH QUESTIONS/CONCERNS!!!

-Coach Corrinet (kcorrinet@wiseburn.org)