



**Great Oak High School**  
*PE Advanced – Cross Country/Track*  
*Syllabus 2019-20*



**Teacher: Coach Soles**

**Room: 707/Track**

**Telephone: (951) 294-6450 ext. 3707    Email - [dsoles@tvusd.k12.ca.us](mailto:dsoles@tvusd.k12.ca.us)**

**COURSE DESCRIPTION:**

XC/Track PE is designed to give our athletes a chance to acquire mileage/skill at their event area. Be it running or a skill event, all of our athletes need the opportunity to work on their skills throughout the season.

XC PE is first semester and is focused on acquiring mileage and developing strength. There is a large emphasis on easy running in the morning to add 3-25 miles a week. This really pays off throughout the year! Track athletes in this class will focus on conditioning for their event group.

Track PE is second semester and is focused on developing athlete's strength and skill in their event area. This added time really helps develop athlete's ability as the season approaches, and throughout the season.

**VARSITY LEVEL REQUIREMENT FOR GROUP 1:**

This is a required class to be in the Group 1 training group as our afternoon workouts will be based off of what we accomplish 1<sup>st</sup> period. Athletes choosing not to participate in morning runs will be moved to Group 2 to ensure they are getting in the appropriate workouts.

The class schedule is posted, please pay attention to where you should be and when at all times.

Athletes **will be running off campus** for their morning runs and should arrive mentally and physically prepared to run. All varsity athletes are expected to maintain a positive attitude!

**XC/TRACK PE COURSE REQUIREMENTS:** Students will be expected to actively participate in all workouts/activities on a daily basis. All athletes are expected to be dressed down in workout clothes everyday by 7 or 7:30 am depending on their group. This class will meet at the track. Any student who is tardy or not dressed down will be sent to OCR. **This course requires that students be athletes on the XC or Track team. If an athlete quits or is removed from the team, they will be moved to another PE class.**

**COURSE UNIT OUTLINE:**

You will be learning a variety of running concepts in this class. Topics for this class will include:

1. Workouts (types, planning, etc.)
2. Nutrition
3. Goal Setting
4. Injury Prevention
5. Meet Planning
6. Video Analysis of Racing

**GRADING POLICY:** A passing grade will be given in this class to students who display mastery of the main concepts of Cross Country. Students are scored by the total points earned in the class via attendance/participation points.

Students will be graded as follows:

100% - 92% = A	81% - 80% = B-	69% - below = F
91% - 90% = A-	79% - 78% = C+	
89% - 88% = B+	77% - 72% = C	
87% - 82% = B	71% - 70% = C-	

**MATERIALS NEEDED FOR CLASS:** Students need to come to class prepared with the proper materials on time each day. This includes:

1. Workout clothes
2. Proper Running Shoes
3. Watch (GPS preferred)

**CLASSROOM/FIELD ATTENDANCE / RULES:** Students are required to attend class on a daily basis according to school policy and procedure. **Student success in school is directly related to the amount of time spent in school. DAILY STUDENT PARTICIPATION is a major component of this course;** a student's grade will suffer if they have excessive absences and miss participation points. Students who are late to class will be sent to OCR and will be subject to the PE tardy policy.

The classroom/field rules are to be followed at all times during the course:

1. Show all students, administrators, faculty, and guests, **respect** on a daily basis.
2. Please follow all directions given in class.
3. Students must show **GUEST TEACHERS** the utmost respect!
4. Students must be on time and dressed out each day.
5. All athletes are required to workout unless a doctor's note is presented.

**CONSEQUENCES TO BROKEN RULES:**

1. Students will receive a verbal warning the first time.
2. Students will have a conversation with Coach Soles to determine the problem.
3. If disruptive behavior continues, student will be sent Mrs. Stapleton's office and,
4. Parents will be notified, and/or a conference will take place.

**ABSENCE MAKE-UP POLICY:** It will be the responsibility of the student to make arrangements with the teacher on the day of the student's return to class to make up missed workouts. Students will **NOT** be sought out by Coach Soles to make sure they receive their workouts.