

Athletics PE Q/A

02/22/24 Will there be Volleyball teams for boys, or it is going to be just for girls?

CMS only offers Girls Volleyball

02/23/24 If a child is taking athletics and band, will they get one or two electives for the year?

If your student is a 7th grader they will have Career Explorations for one semester and they will have an option for one other semester elective.

02/26/2024 I understand that Athletics will be 2nd period this year. Is football practice still going to be at 6:30am? If so, that means they will practice before school, have to shower and get ready to go to their 1st period class, and then go back to Athletics to work out for 2nd period. Is there time to shower after both workouts and get to class on time?

Football practice will be determined by the coaches, there is time after athletics to shower and get to class on time.

Is athletics or PE required in 8th grade or is there no fitness requirement for 8th graders?

There is no fitness requirement for 8th graders that met the requirement in 7th grade.

Should I submit my Off-Campus PE application from the 2023-2024 packet, or just wait until the new one comes out?

You can submit the 23/24 application, but the new one should be posted soon.

02/28/2024

There is no option in Skyward to choose Off-Campus PE. What should we select instead?

If you are applying for Off-Campus PE, you can choose athletics until the application is approved. Once approved we will make the adjustment.

When will the 7th grade football team practice, before school and 2nd period?

The coaches will make these decisions and communicate this with the athletes and parents.

Where can I find the link for OCPA application?

It will be on the district website, currently the 23/24 application is still posted, district should update it soon.

What is Dragon Fitness? What will the student be expected to do in this class?

DRAGON FITNESS

Grade: 8

Semesters: 2

Through the curriculum in Dragon Fitness, students will gain experience in learning the fundamentals of strength and conditioning, dynamic stretching, agility, health/nutrition, and sports-specific skills. Dragon Fitness is a more demanding and rigorous physical education course that requires workouts to help athletes build a solid foundation of fitness without the sports-specific requirements of the Athletics course.