



LORENA

INDEPENDENT SCHOOL DISTRICT

Athletic Department

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MS Boys Coordinator

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6th Grade Pre - Athletics

Purpose

This course would be designed to prepare students and parents for successful participation in the middle school athletic program. The main focus of the program would be to provide students with a preview of upcoming UIL sports in which they will be eligible to participate as 7th graders and to prepare them for the behavioral and academic expectations associated with being a participating member of the Lorena ISD athletics program. Students will be introduced to the concepts of UIL and Lorena ISD athletic and academic requirements and how they impact and affect extracurricular participation.

Desired Outcomes

- Students will enroll in athletics the following year and be able to demonstrate a higher level of skill and performance.
- Students will improve their speed, strength, and conditioning.
- Students will easily transition into and be prepared for summer strength and conditioning programs.
- Students will learn the basic rules, fundamentals, skills, techniques, and schemes for each sports unit. Coaches will have the opportunity to evaluate and identify athletes by sport and position.
- Students and parents will have an opportunity to learn Lorena ISD athletic policies, procedures, and expectations.
- Students will exhibit improved decision making in and out of the classroom as they work through an organized character education curriculum.
- The relationships built and knowledge gained in pre-athletics will provide an easy transition to the Lorena ISD athletics program for both the parents and the students.
- Students will learn the components of a successful athletic program learning to:
Commit, Compete, Finish/Win, Maintain Self-Discipline, Accept Coaching, Be a Part of a Team, Overcome Adversity, Develop a Growth Mindset, Develop Leadership Skills & Have Pride in Their School.



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Requirements

- A desire to participate in Lorena ISD athletics as a 7th grader.
- A physical to be turned in prior to or on the first day of school.
 - We will have a physical night in May at the high school.
- Dress out and participate daily.
- Athletes will be supplied with all athletic apparel including: top, bottom, sweat top, sweat bottom, and athletic backpack.
- Must have appropriate athletic shoes.
- Written permission/parental consent for participation required.

Components of the Pre-Athletics Program

- Sport specific skills will be taught in a rotational format. Volleyball, Cross-Country, Basketball, Track & Field and Soccer will have multi-week rotations that will occur throughout the year.
- Students will complete a daily dynamic warmup that will focus on proper running form, body control, agility, explosive movement and physical strength.
- Weightlifting will be introduced to students and will be age appropriate. The development of appropriate and proper technique will be reinforced. Utilizing free weights, students will learn the proper technique and fundamentals of weightlifting safely. When proficiency is established, weight will be added in incremental fashion.
- All students will have their grades and academic progress monitored consistent with current athletic department procedures and expectations. Students will understand how their academic progress impacts their eligibility and ability to participate in UIL activities.
- Students will be allowed to play games, competitive activities and mini-tournaments in the class period to build interest and enthusiasm for participation in the athletic program.

Pre-Athletics Calendar & Organization Overview

- August: Orientation & Organization
- Fall: Volleyball, Cross-Country Sports Skills & Intro. to Strength and Conditioning
- Winter: Basketball and Strength and Conditioning
- Spring: Track & Field, Soccer, and Strength and Conditioning
- Late Spring: Skills to prepare for Volleyball, Basketball, and Cross-Country seasons in the fall with additional sports covered.

Daily Pre-Athletics Class Overview

- Quickly dress in and out for class
- Dynamic warmup and body weight exercises.
- Daily sports specific skill lessons or strength and conditioning instruction.
- Lorena culture/character education.