

Georgetown ISD 6th Grade Pre-Athletics

Purpose

This course is a must for any student wishing to become involved in athletics during their career in Georgetown ISD schools. The main focus of the pre-athletics program is to provide students with a preview of upcoming UIL team sports in which they will be eligible to participate in as 7th graders and to prepare them for the expectations associated with all aspects of GISD athletics.

In addition, we will be promoting a high standard of excellence and achievement both in the classroom and on the field of play. We expect our student athletes to conduct themselves as positive role models and be the best well behaved students in our school. Students will also be introduced to concepts of UIL academic requirements and how they affect extracurricular participation. By introducing these concepts early, we feel that our student athletes will see future rewards as they pursue both their academic and athletic goals and dreams.

5th Grade Logistics

Beginning in the spring prior to actual enrollment Middle School coaches and counselors send home information regarding the two Physical Education options to all 5th graders. Information is posted on the Middle School Website. Middle School open house provides the opportunity for parents and students to meet coaches & ask questions.

Components of Pre-Athletics

GISD Athletics utilizes the Stephen Mackey Two Words Character development Curriculum. Daily students will be introduced to a concept of character. Work to develop the person 1st, student 2nd, athlete 3rd.

Weightlifting will be introduced to students and will be age appropriate. Proper technique will be promoted above the amount of weight. Utilizing pvc bars with no weight, students will learn the proper technique and fundamentals of weightlifting safely. The lifts that we will be working on will be bench, deadlift, hang clean and the squat. When weight is ready to be introduced it will be done so with the bar first and then light plates.

Form run / Quick twitch program will be introduced to students. The program consists of dynamic movements associated with all sports. Running form, agility, explosive movement, flexibility, and body control to be emphasized.

Importance of sleep and nutrition is an important piece to the development of all students. Nutrition facts and data will be shared with students throughout the year. From time to time a guest speaker may address the classes.

Sport specific skills will be taught in a rotational format. Football, volleyball, basketball, and soccer will have multi- week rotations that will occur throughout the year.

Georgetown ISD 6th Grade Pre-Athletics

Desired Outcomes

Students will enroll in athletics the following year and be able to demonstrate a higher level of skill and performance.

Students will easily transition into speed, strength, and conditioning program offered in the summer.

Students will improve their speed, strength, and conditioning. Periodic progress reports will be sent home showing individual improvements throughout the year.

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 GISD athletic policies, procedures, and expectations.

The relationships built and knowledge gained in pre-athletics will provide an easy transition to GISD athletics for both the parents and the students.

Students will learn the components of a successful athletic program: Learn to commit | Learn to work | Learn to compete | Learn to finish/win | Learn self discipline | Learn to accept coaching | Learn to be part of a team | Learn to overcome adversity | Learn growth mindset | Learn Leadership skills | Learn pride in school

Requirements

A desire to participate in GISD athletics as a 7th grader. Dress out and participate daily. (\$30.00 fee for workout clothes) Must have athletic shoes & cleats.

Pre-Athletics Calendar

Organization / Orientation August

Fall sports skills Football / Volleyball

Late fall / early winter skills Basketball

Late winter / early spring skills Soccer

Early spring / Track & Field

End of school skills in preparation for fall Football / Volleyball

Athletic development including speed, strength, agility, and conditioning will be 2 days a week throughout the school year.