

SPORT SAMPLER GRADES 1-3

Fee: \$90

Instructor: Erin Thune

Preparation

- Always wear gym shoes and dress in layers.
- Bring a water bottle to practice.



What to do on practice days

- At 3:30pm, exit classroom and leave backpack in cubby/locker; do NOT leave in classroom or in hallway
- Go to bathroom and change and fill up water bottle (if needed)
- Report to the gym by 3:35pm to check-in! Please do not wander the building.

Practices

- Tuesdays 3:35-5pm (8 sessions)

A Typical Practice Agenda

- Instant activity/warm-up
- Large group game(s)
- Individual skill-work practice drills and station work
- Small group work drill/scrimmage

Sport focus:

Fall: Soccer, flag football and mini-golf

Winter: Basketball, bowling and net skills (volleyball, badminton, etc.)

Spring: Tee-Ball, soccer and track & field

Silent Dismissal

- A Sport Sampler group will be created for you in Silent Dismissal. **YOU** are responsible for putting your child on the list.

After care

- If you cannot pick up by 5PM your child will be sent to after care at 5:10 and you will be charged \$10.

Check out 5pm!

- You will check out with Ms. Thune *BEFORE* taking your child with you.

Athlete Behavior Expectations

- Respectful to all (peers, coaches and equipment).
- Manage physical & social behavior: no throwing grass or hanging on nets; no pushing, tripping, hitting or wrestling others; no unkind words. HEART SAFE, BODY SAFE!
- Athletes will work hard at practice and help manage equipment (help pick up at end of practice).