

# **High School F.A.S.S.T / PE**

## **(Fellowship Academy Speed & Strength Training)**

### **Grading Policy**

FASST Head Coach ~ Joel Conroy

Being an athlete at Fellowship Academy (FA) is a year-round commitment. If a student participates in a sport, he/she is required to enroll in the FA athletic period also known as FASST (Fellowship Academy Speed & Strength Training). The only exception is a student who participates in a lifetime sport ONLY (Cheer, Golf, and Cross Country). FASST is a class that is part of the school day. In an effort to continue to build a successful athletic program, be eligible to play sports, and receive school credit (1/2 credit per semester) athletes must make a solid commitment to participate in FASST.

Athletic Administration, Program Directors (Varsity Head Coaches) and Strength & Conditioning personnel will, in accordance with league rules, provide both mandatory and/or voluntary opportunities to student-athletes to train in the weight room, gym, and on the fields throughout the year. This is a school year commitment not only to the student athlete but also to teammates and should be taken seriously.

#### **FASST/PE ATTENDANCE AND CREDIT POLICY**

- At FA, in order to pass and receive credit for any class, including FASST, the student must be present for at least 90% of the total days of classes. Being present, dressing-out, and participating are all factors that will affect overall attendance which will determine whether credit is given. Eight or more unexcused absences will result in no credit, or will be required to complete a recovery for the credit.
- If a student does not participate in FASST at least 90% of the time, ½ Credit (CR) for the semester course will not be earned in FASST/Athletics/PE. Before participating in their next sport, the ½ credit must be recovered in the following semester at the discretion of the Athletic Administration.
- Special circumstances (an injury receiving physical therapy in place of FASST, or an illness in which the student is under a doctor's care) will be reviewed by the FASST coach and the Athletic Administration.
- Dress Code: MANDATORY- Fellowship Academy Athletic apparel from the online gear store.
- Freshman/Sophomores that are in-season are not required to attend FASST during their season but they CANNOT leave campus at 2:20pm even on game day. A student may not leave with another student. They have the choice of study hall/advisory or they can attend FASST unless they are having practice at 2:20pm, otherwise they will be released at 3:30pm. A choice of one or the other has to be made and cannot rotate back and forth.

- Juniors/Seniors that are in-season are not required to attend FASST during their season and may leave campus afterschool is out if they drive, or a parent picks them up. A student may not leave with another student unless a parent signs them out. When a senior is done with all sports they are playing, they are not required to attend FASST.
- There is no week off from FASST after you complete a sport. Either you move to the next sport or begin FASST.

In FASST/PE, attendance is marked according to the following key:

**A - Absence** Student who is not present in FASST, whether excused or unexcused absence, will be counted absent. Each one WILL COUNT AS ONE ABSENCE towards the total count.

**T—Tardy** Student who is late to FASST more than 5 minutes will be counted tardy. Three tardies WILL COUNT AS ONE ABSENCE towards the total count.

**DNP – Did Not Participate** Student was present at school and was present in FASST but did not participate because he/she said they weren't feeling well. He/she will be required to make up a portion of the time missed at the discretion of the coaches in order to be in the condition needed for their sport. Two DNP's WILL COUNT as an absence towards the total count.

**ND - Not Dressed** (in proper FA gear) Student was present in FASST and participated but was wearing something other than required FA Athletic shorts, shirt, and athletic shoes. The student will be required to stay after FASST class for 10 minutes that day or the coach has the option to postpone until the next FASST period to do extra conditioning. Each will NOT count as an absence.

1/2 CR will be given at the end of the semester on the report card when the requirements, as listed above, are met. Please see FACTS Parent Portal for an updated attendance record. Thank you for your support in raising the standard in FASST.

