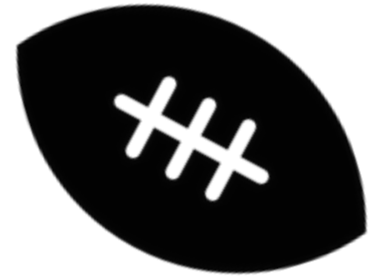


Name: \_\_\_\_\_

# Flag Football Seminar Syllabus

## Fall Season 2016



**Instructors:** Coach Kalma & Coach Jones

**Email Addresses:** [akalma@davincischools.org](mailto:akalma@davincischools.org) & [hjones@davincischools.org](mailto:hjones@davincischools.org)

**Seminar Days/Times:** Mondays & Wednesdays, 3:00-3:55PM

In this active seminar, you will learn the fundamentals of flag football, participate in drills and exercises, run plays, compete in scrimmages, and play the first ever Da Vinci Bowl. You can expect to be challenged, have fun, build team dynamics, and promote healthy competition.

### FIELD GOALS

- RESPECT (sports(wo)manship)
- DO YOUR BEST (participation)
- BE HUMBLE (it's all about the team)
- NO EXCUSES (just do it)

### MANDATORY POINTS & EXTRA POINT

Your grade is based on the following criteria:

- Attend(Zone)dance (1 point)
- Daily Participation (1 point)
- Appropriate Attire (1 point)
- Field Goals (1 point)
- ★ All-Star (1 point)

You will have the opportunity to receive 4 points daily. While you can earn an extra "All-Star" point for going above and beyond the expectations, in order to do this, you must earn all mandatory points for that day.

Attend(Zone)dance will be taken at exactly 3:05 PM in Coach Kalma's room

. You have 10 minutes from the end of Period 11 to get changed and be present for attend(Zone)dance. If you are absent from class, it will result in a loss of all 4 points **unless you have an excused absence**. A physician's note is required if you cannot participate in this seminar.

**Your final seminar grade will be the average of each day's points. A 4 is an A, a 3 is a B, and a 2 or a 1 is an Incomplete.**

## **EQUIPMENT & FACILITIES**

You should use the bathroom before seminar begins, as usage will be limited based on supervision at the tennis courts.

Appropriate attire includes:

- Closed-toe tennis/active shoes
- Sweatpants, gym shorts/pants, yoga pants
- Loose t-shirts or tank tops
- Sports bras

Appropriate attire does NOT include:

- Crop tops, revealing tops, spaghetti straps
- Short shorts
- Pants, jeans, baggy shorts/pants
- Sandals or open-toed shoes of any kind, dress shoes, slippers

Optional:

- Water bottle
- Cleats (plastic)
- Baseball hat
- Sunglasses
- Mouth guard
- Eye black
- Sweat towel

## **TOUCHDOWNS**

- Flag Football Handbook
- Agility & Knowledge Assessments
- Individual & Team Photos
- Scrimmages & Games
- Tournament (playoffs)
- The first ever Da Vinci Bowl
- Staff/Student All-Star Game
- Banquet & Awards

I, \_\_\_\_\_, promise to uphold, practice, and model the above mentioned expectations and agreements with integrity, honor, and respect in order to be an exceptional team player and the best version of myself.