

Fellowship Academy High School FASST Grading Policy

Fellowship Academy Speed & Strength Training

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 (See LIFETIME SPORTS in handbook p. 17). 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.

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.
- **If a student does not participate in FASST at least 90% of the time, 1/2 Credit (CR) for the semester course will not be earned in FASST/Athletics.** Before participating in their next sport, the 1/2 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 that the student is under a doctor's care) will be reviewed by the FASST coach and the Athletic Administration.**

Game Day FASST Attendance Policy

- On days when students have a game, they will be required to come to FASST for roll to be counted present.
- After roll is taken, they will be dismissed as a team and allowed to leave campus.
- If they do not have transportation or someone to pick them up, they will remain in FASST but will not have to participate.

In Athletics, Roll is marked according to the following key:

- **AE –Absence Excused**
Student was absent from school that day and the parent called in to the front office by 10:00 am. 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. *A student will be allowed to make up an AE if it is needed.*
- **AU—Absence Unexcused**
Student was present at school the entire day but did not attend FASST. In addition, he/she did not provide a parent's note or a doctor's note the following day. 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. *A student will NOT be allowed to make up an AU if it is needed.*
- **T—Tardies**
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. If a parent sends a note outlining reasons the student cannot participate due to illness, the note is valid for an excused DNP for up to 3 days. After that, a Doctor's note is needed. **Two unexcused 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 consequence for not dressing out will be at the coach's discretion. Each will **NOT** count as an absence.
- **I—Injury**
A student is present in FASST but unable to participate due to an injury. Each will **NOT** count as an absence.
- **DN—Doctor's Note**
Doctor's Note outlines why student is unable to participate in FASST and how many days he/she will be out. If the student goes to the doctor during FASST and is AE, the doctor's note **DOES NOT** remove the 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 Gradelink for an updated attendance record. Thank you for your support in raising the standard in our FASST classes.

Parent's Signature _____ Date _____

Student's Signature _____ Date _____