

ATHPE 118
OFF-SEASON TRAINING for INTERCOLLEGIATE FOOTBALL

Class:	ATHPE 118	Instructor:	Lester Towns
Session:	SPRING 2017	Office:	VG.K
Dates:	FEBRUARY 21 - JUNE 14	Office Hour:	12:20pm to 1:30pm
Days:	M-T-W-TH	Office Days:	M-T-W-TH-F
Time:	3:15pm - 5:45pm	Telephone:	818 / 240-1000 ext. 3593
Location:	Weight Room / Sartoris Field	Email:	ltowns@glendale.edu
Ticket:	#3768 / #3770		

COURSE DESCRIPTION:

ATHPE 118 provides instruction and practice for intercollegiate football focusing on fundamental techniques of competitive football. This course is designated to provide further advancement in fundamental skills, teams strategies, effective communication, and conditioning for intercollegiate competition.

LEARNIG OUTCOMES for ATHPE 118:

Upon successful completion of the required course work, the student will be able to:

- 1) The student will demonstrate the proper and safe techniques for the following exercises: Bench Press, Back Squat, and Clean. The student will increase his total one rep maximum in each of the proceeding lifts.
- 2) The student will demonstrate proficiency in football terminology and strategies. Students will be able to recite and diagram selected football terminology and strategies.

STUDENT CONDUCT POLICIES:

ATHPE 118 is divided into two

Phase 1: Workouts

Phase 2: Football Field Training

Workouts:

Dates:	February 21st - June 14th
Days:	M-T-W-TH
Times:	3:15pm - 5:00pm
Location:	Weight Room / Sartoris Field
Emphasis:	Strength, Core, Change of Direction, Speed, and Conditioning.
Dress:	T-Shirt, Shorts, Shoes, Cleats, and Socks. Sweatshirts optional.
Water:	Water bottle every day
Towel:	Towel Everyday
Attendance:	80% of workouts are mandatory to remain active in workout phase.

Football Field Training:

Dates: April 25th - June 8th
Days: T - TH
Times: 4:30pm - 5:45pm
Location: Sartoris Field
Emphasis: Football Fundamental and Techniques
Dress: T-Shirt, Shorts, Cleats, and Socks. Sweatshirts optional.
Water: Water bottle every day
Attendance: 90% of Football Field Training are mandatory to remain active on 2017 Team.

Guidelines:

Practice Field: You will play like you practice.
Water is only beverage allowed on the field
Gum and sunflower seed are prohibited
Keep field clean of Trash.
Keep your bags away from the sidelines.

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Training Facilities: Training staff has the option to treat you because football is not in season. Understand that they may not be there to assist you.
Gum and sunflower seed are prohibited
Treat **ALL** training with respect and dignity.

Locker Room: Gray Lockers are available from our equipment man Mr. Silva.
Keep the locker room clean.
Accusations of theft from a teammate will result in immediate suspension.

Coach-ability: All drills will require the student to perform at the tempo specified by the coach. Failure to perform at the coaches prescribed tempo will result in the student being asked to leave the field and assessed a "strike" for misconduct.

Attitude: Students must accept coaching with the understanding that their individual improvement is paramount to the coaching staff. Debate or argument on the field between student and coach will result in the student being asked to leave the field and assessed a "strike" for misconduct.

Injury: Report all injuries to a coach.

Absents: If you are going to miss, Please contact Coach Rome or Coach Towns prior to class

Punishment: Three (3) strikes will constitute dismissal from Glendale College Football Team for the 2017 Season.