

PE 181 - Men's Basketball

Syllabus

Coach Steve Hebert: 562-463-7414 shebert@riohondo.edu

Class Hours: M,T,W,Th,F Times are TBA

Coaches Expectations: I expect you to be coachable. This means you will attempt to do what I want you to do, without reservation. Your job is to be a team member that is here to assist in making this a great team. I will not ask anyone to be the entire team. We will use a variety of training regimens, work hard at all times.

Team Guidelines:

1. Be on time.
2. Always have your equipment.
3. Stay in communication at all times.
4. You must attend all classes, everyday.
5. Bring a positive attitude.
6. Compete with teammates, don't fight with them.
7. Participate fully in whatever we are doing.
8. Treat everyone @ RHC with respect.
9. No one player is bigger than the team.
10. No drugs, alcohol or tobacco.
11. ATTEND EVERY ACADEMIC CLASS, EVERY DAY THAT IT MEETS! NO EXCUSES!!!

Grades: In this class you will receive a grade (2 units). If you are choosing to drop this class, make sure you get the paperwork turned in on time. You will receive points (1 each) for attendance and participation daily. If you choose not to attend a class, you may be dropped from the class and receive a failing grade (after 4th week).

Equipment: You are required to have the following every day.

1. Basketball, running and weight training shoes.
2. T-shirt w/sleeves (fitness center).
3. Shorts/sweats.

Questions: All policy questions are directed to Coach Hebert after class.