

Minor violation half game work-off sheet



_____ 5 sets of bleachers (must be done in one day)

_____ 5 sets of lines (must be done in one day)

_____ 3 sets of lunges (down and back in the gym; must be done in one day)

_____ 20 toe touches (must be done in one day)

_____ 20 standing back handsprings/standing backs (your coach will decide which; must be done in one day)

_____ 10 running tumbling passes (at least 5 must be your best skill; must be done in one day)

*** You have one week from the date given the third warning to complete the check off list with your coach. The work-offs may be done the last part of class and beginning of class when your team is not getting out or putting up mats, as well as any days that we are doing signs or study hall. All other times must be set up with your coach. The work-outs on this sheet are separate from the required work-outs that you will be expected to do in class or at after school practices.**

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