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1<sup>ST</sup> SEMESTEREnglish (.5 credit)

English I

Math (.5 credit)Algebra I  
Algebra II  
GeometryScience (.5 credit)Biology  
Unified Science  
Field Research (By teacher recommendation only -  
teacher permission slip must be included  
with application signed by either Mr. Kinslow or  
Mr. Kovach)Practical Arts (.5 credit)Keyboarding  
Computer Applications  
Personal Finance  
Nutrition and WellnessFine Arts (.5 credit)Art Foundations  
Music Appreciation/Technical Theatre

Drivers' Education (.25 credit) – Scheduling with instructor, Joe Scruggs only.

Physical Education (.5 credit per session)

PE/Health Ed Combination

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\*Speed and Strength – 6 weeks (June 2-July 10 M-Th.) (See below for description.)

Session I – 7:00-9:30 a.m.

PE/Health Ed Combination

Session II – 9:30-12 noon

The class is designed for the student athlete who wants to improve strength, speed and athletic development.

The class will meet 24 times over a 6 week period from 7:00-9:30 am, or 9:30-noon.

(Students will be able to make up missed workouts with arrangements with instructor due to conflicts with ballgames, vacations, etc.)

There will be at least one make up night per week. Tuesday or Thursday from 6:30 to 9:00 pm will be the make up time.

Grades: 8<sup>th</sup>-11<sup>th</sup> (2007-2008 school year)

Academic Credit: Students will earn ½ credit for each 60 hours attended

Location: Logan-Rogersville High School Gym and weight room.

Objective: The class will offer a specific weight program designed to increase strength for each individuals needs pertaining to his/her sport. A speed program used by several successful universities athletic teams will also be part of the program to develop faster and quicker student athletes. Time for individual skill development will also be part of the six week program.

This program is being used by several of the Logan-Rogersville coaches:Rod Gorman-Boys Basketball  
Keith Spaulding-Girls Basketball  
Doug Smith- FootballBrad Lotz- Baseball  
Tammy Miller- Volleyball

For any questions call 417-496-0240

