

Berrien Springs Partnership Syllabus and Instructor Qualifications

## **CLASS TITLE: Fort Miami CrossFit Teens**

**GRADE OR AGE LEVELS:** Ages 12-17

**START DATE:** January 23rd, 2023    **END DATE:** May 26th, 2023

**# WEEKS TOTAL: 18**  
**if they want, just not required)**

**WEEKS OFF: 1 March 20th-26th (may still attend classes)**

**DAY/TIME REQUIRED:** M,W,F-3:45pm-4:30pm

**ADD'L DAYS/WK AVAILABLE:**

**# WEEKLY HOURS (REQUIRED):** 2 Classes  
hours each week (3 classes)

**# WEEKLY HOURS (POSSIBLE):** 45 min classes -2.25

**TOTAL SEMESTER HOURS POSSIBLE: 40.5 hours (54 classes)**

**LOCATION/ADDRESS: DIRECTIONS TO LOCATION (if needed):** 3905 M-139 Suite #101 St Joseph, MI 49085

**MAIN INSTRUCTOR:** Jenn Garrity- Background Checked Completed

**ADDITIONAL PRIMARY INSTRUCTORS (background checked):**  
**Jovanka Heimel- Background Checked Completed**

**Manthan Kimmane-Background Checked Completed**

**CONTACT INFORMATION:** phone: 269-408-3055 email: amanda@fortmiamicrossfit.com  
[Frontdesk@fortmiamicrossfit.com](mailto:Frontdesk@fortmiamicrossfit.com)

ADDITIONAL REGISTRATION AT SITE REQUIRED?(circle) YES  NO

**IF YES, INSTRUCTIONS FOR REGISTRATION:**

**A waiver that needs to be completed by their legal guardian will be sent out via email a week before to all registered students for them to bring to their first class.**

#### **MAIN INSTRUCTOR QUALIFICATIONS - RELEVANT EDUCATION AND EXPERIENCE:**

Jenn is CrossFit Level 2 Certified, Kids CrossFit Certified, as well as First Aid/CPR Certified. She runs our Teens and Kids Crossfit Classes and Camps for the last 5 years. Jenn also coaches Swim classes at the YMCA. She is a Triathlete as well.

## COURSE DESCRIPTION (see relevant examples shown on website):

Crossfit Teens is a strength and conditioning program designed for both athletes and non athletes ranging from 12-17. The program combines age appropriate weightlifting and gymnastics with high intensity training to deliver optimal fitness and performance as well as to establish a lifetime love of fitness.

#### SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING ACTIVITY

Each day you can expect to move through about 5-15 minutes of a warmup followed by a skill or strength section before moving into whatever the workout is programmed for the day. Every day is different, so there is constant variety for the teens to develop strong skills.

#### COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

**Our end objective is for each teen to develop a love for good habits and fitness. For each of them to see their growth they have made in such a short time.**

#### STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

At the start of the semester we will do a baseline test of each teen to establish where they are in regards to their fitness and strength. Towards the end of the semester we will retest that baseline to show off their hard work and how much they have improved their strengths and fitness.

Note: All classes must abide by the following:

1. Students agree to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
2. The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to staff. The link to the evaluation form will be provided along with online attendance. Students with failing marks for lack of participation, behavior issues, practice time, etc. may result in program dismissal.

#### Class-specific assessment:

#### ADDITIONAL RESOURCES: (online, books, video, etc.):

#### CLASS-SPECIFIC POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

**Attendance: 2 classes per week are required**

**Behavior: We first speak to the teen about behavior. If not resolved they will be warned and followed up with their parents. Next would be possible termination of program**

**Weather: We rarely ever cancel a class due to weather. They will be contacted via email and phone if we need to cancel a class.**

**Other:**