**Functional Fitness**

Da Vinci Design High School Seminar – NOVICE TEENS – Tuesday and Thursday 3:00-3:55PM

Located in the Incubator downstairs.

Coach Cari Maconochie Trainer / Brand X level 1 Trainer ([cwerz@davincischools.org](mailto:cwerz@davincischools.org))

Coach Helena Cheng [hcheng@davincischools.org](mailto:hcheng@davincischools.org)

**Welcome to Da Vinci Functional Fitness!** We are excited to have you as part of our fitness family! Functional fitness utilizes The Brand X Method (from the founders of CrossFit Kids) which challenges you both physically and mentally.

Your job is simple: Come to seminar ready and willing to put forth your best effort and excited to support your fellow athletes! Da Vinci FOUNDATIONAL MOVEMENTS are as follows:

①Squat → ②Front Squat → ③Overhead Squat

④Press → ⑤Thruster → ⑥Push Press → ⑦Push Jerk

⑧Deadlift → ⑨Sumo Deadlift High Pull → ⑩Hang Power Clean

During this semester, we will focus on the Squat, tumbling, jumping, endurance and fun! And, we may even challenge your brain.

**What to Bring (THIS IS VERY IMPORTANT!):**

• Work-out Clothing (Preferably a t-shirt and shorts/yoga pants which allow you full body movement while providing you with support and coverage where needed. Also, wear appropriate sport undergarments if needed). NOTE: No one will be allowed to participate in Zen TEENS without the proper workout attire. Jeans are not permitted. No exceptions.

• Work-out Shoes (Shoes in the style of standard Vans or Chuck Taylors seem to work best for Zen TEENS, though any type of running shoe will be just fine.)

• A FULL Water Bottle (Every student must have their own personal water bottle. Preferably 32oz size. Do not share your bottle with other students as you will need every single drop of your water for yourself.) Immediately after Period 11 or 12, take 5 minutes to change, and we will meet in the Incubator space downstairs. Use the restroom before you arrive. Show up fully dressed, shoes on, with a full bottle of water, on time! The fun will begin immediately!

Honesty and Accountability – You are personally responsible to remain honest and accountable for your efforts during your Zen TEENS Seminar. Do this not just for your Teacher or your Trainers; Do this for your classmates and for YOURSELF. This means that you will do your personal best to meet Zen TEENS standards, as well as provide an accurate count during all aspects of your Zen TEENS workout. Perform your personal best each and every day! On those days where you will not be able to participate in seminar but are still present, you are expected to be engaged in what the class is doing by watching and listening, giving us your full attention. This is one of the best ways to further your knowledge of Zen TEENS practices. Your personal items (i.e., backpack, phone, books, laptops, iPads, etc.) must remain NOT in your hands, the same as everyone else who is participating in the seminar. Violation is subject to confiscation. On the morning of your seminar, check the Weebly at Cariwerz.weebly.com and click on Functional Fitness to see what is in store for that day. Coach Cari and Coach Chang will assist you throughout the seminar.

Your grade:

You will receive a 4 to start the seminar. Your grade will consist of 2 grades, one for participation and effort, and one for attendance. For each day that you do not dress out you will lose -.5 points from your participation grade. You also must show effort during the seminar to ensure progress in your overall health. If you do not try during class -.5 points will be deducted from your grade each class.

Sick or Injured:

If you are sick or injured, please let Coach Cari or Coach Chang know as soon as possible by e-mail or a signed note. If you provide a note signed by your parents the day of the workout or the next day after a workout then you will be excused and your grade will not be penalized.

Coaches Contact Information

Cari Werz Maconochie e-mail [cwerz@davincischools.org](mailto:cwerz@davincischools.org) Room #4203

Helena Cheng e-mail [hcheng@davincischools.org](mailto:hcheng@davincischools.org) Room #4301

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Keep this form for your records.