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**Welcome to Coach Borders P.E. Class for 2022-2023!**

**Welcome to my Physical Education class for the 2022-2023 school year! I am so excited for the school year and can’t wait to get to know all of you. We have many great things planned here at Bok Academy including some of the activities here in my class. A little about myself is that I was a three-sport college athlete while I attended Webber International. There I played Soccer, Softball, and Track and Field. I have a lot of knowledge about sports, physical fitness, and creating lifelong healthy habits. One of my main focuses is safety in the classroom, on the field, and on the courts. With that being said here are a few things to keep in mind for my class:**

* **Make sure to bring water every day! It gets hot out on the courts**
* **You are allowed bring sunglasses and hats to PE but make sure to wear them nowhere else**
* **Bring shoes that you are willing to run around it and that are also sturdy**
* **Please let me know if any illnesses, safety concerns, or injuries come up and I will plan around them or exclude you from that day’s activity**
* **Sunscreen may also be a good idea!**
* **There may be a day we go out in the lake on Kayaks. I will send out a letter before then**
* **There is no tolerance of bullying or negative behavior towards another student**
* **And don’t worry about how much you know or don’t know. We are here to have fun and try new things!**

**I am looking forward to the great year ahead and will do my best to make sure it is one to remember. Feel free to contact me for any questions or concerns:**

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**Go Knights!!**