



Carlmont Student Athlete Checklist



#1

When you get your sports schedule...

- Check your course calendars for assignments and tests
- Cross reference the important dates for your classes with the important dates for your team
- Develop and propose a plan to your teachers and coaches for handling conflicts

#2

The week/day before your game...

- Use the resources provided by your teachers for absences to determine what you may need to make up in advance (School Loop)
- Set up a time to meet with teachers to make up tests, labs, or in-class material that you know you will be missing
- Check the dismissal time for your game



There are more options for how to go forward if everybody is on the same page early on.

#3

After your game/when you return to class...

- Use your resources to determine what you missed and what you may need to make up
- Work with your peers to ask questions and find out what you missed
- Attend any make-up sessions for tests, labs or in-class material
- If necessary, set up a time to meet with your teacher with a list of specific questions and clarifications about what you missed
- After completing them, turn in any assignments that were collected while you were gone



General Tips

- Be proactive--as soon as you know that there may be some sort of conflict, communicate with your teacher!
- Communicate with your teachers and coaches about assignments, questions, deadlines, and expectations.



The staff is here to support you, so make sure you are open to communication.

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