



FORT KNOX HIGH SCHOOL

**Fort Knox Community Schools
BLDG 7501
266 Maine Street
Fort Knox, KY 40121**

**Todd Curkendall
Principal**

**Luis Dominguez
Assistant Principal**

ATHLETIC TRAVEL FUNDING

Updated 01-26-2016

Fort Knox High School provides school bus transportation for all away athletic events, at no additional cost to teams/booster clubs. Teams are permitted to travel a reasonable amount of time from Fort Knox for athletic events. Reasonable being determined by which night of the week a team is traveling.

If a team chooses to use a different mode of transportation, such as a charter bus, the school will assist with one half of the cost. The other portion must be covered by the booster club.

Fort Knox High School does not provide funding for meals when a team is participating in regular or post season play or tournaments.

Fort Knox High School will provide funding for hotel costs when a team is participating in a post season tournament. In season tournaments/games that require funding will be covered by each individual team's booster club. The athletic director will oversee the room reservations to ensure parity is given for all sports.

Booster clubs are responsible for the meals, when a team is participating in a post season tournament or regular season play. Meal limits are set by the athletic department as follows: daily meal allowance per athlete must be no more than \$30.

Booster clubs are also responsible for any pre game meals that may be provided for regular season games/tournaments. Amount spent on pre-game meals should not exceed \$7 per athlete.

FKHS ATHLETIC UNIFORM ROTATION

SPORT	TYPE UNIFORM (purchased by...)	YEAR ORDERED	APPROXIMATE COST	LIFE EXPECTAN	DUE TO REPLACE
Baseball	black top/gray bottom (school)	2010	1500	4	2014
	camo top/gray bottom (boosters)	2014	1500	4	2018
Basketball-Boys	2 Sets-home and away (school)	2014	6000	5	2019
Basketball-Girls	2 Sets-white top/white bottom (school)	2014	6000	5	2019
Cheer	Dark green (school)	2015	2500	5	2020
Cross Country	1 Set Green/white (School) (40 sets-20B/ 20/G)	2007	4000	7	2014
Dance-	white-Halter-tops (school)	2006	2000	7	2013
	with-matching black-cappis and black-skorts				
Faspitch	2 new sets (school)	2016	2500	4	2020
Football	white jersey/green pants (school)	2015	8000	4	2019
	green jersey/gold pants (school)	2015	8000	4	2019
Golf-Boys	shirts (school)	2014	500	5	2019
Golf-Girls	shirts (school)	2014	500	5	2019
Power lifting	Sweatsuits (school)	2010	1000	8	2018
Soccer-Boys	white top/white bottom (school)	2012	1400	5	2017
	green/white (school)	2011	1400	5	2016
Soccer-Girls	green top/green bottom (booster)	2012	1400	5	2017
	white top/green bottom (school)	2013	1400	5	2018
Swimming	Sweatsuits (school)	2010	1000	8	2018
Tennis-Boys	15 shorts and shirts (school)	2010	1000	7	2017
	30 shorts	2016	850	7	2023
Tennis-Girls	15 skirts & white shirts (school)	2010	1000	7	2017
	30 skorts	2016	900	7	2023
Track	1 Set Green/gold (school) (80 sets-40 B/40 G)	2010	8000	7	2017
	Would like speedsuits (60 unisex /30 B/30 G)		2500	7	
Volleyball	Long sleeve &short sleeve jerseys (boosters)	2013	2500	5	2018
Wrestling	singlets (school)	2012	2500	5	2017
	head gear (school)	2013	1500	7	2020
	* Warm up suits for all teams	2010	10000	8	2018
			updated 01/26/2016 J. Prather		

Fort Knox High School
Weight Room Usage

I Sam Wilson Name of coach opt to not use the weight room at the high
school for my Baseball Name of Sport team during school year 15/16 School Year.

Paul C. White

Coach's Signature

29 Jan 16

Date

**Fort Knox High School
Weight Room Usage**

I JOE HAMMOND Name of coach opt to not use the weight room at the high
school for my GIRLS BASKETBALL Name of Sport team during school year 2015/16 School Year.

Joe Hammond
Coach's Signature

2-1-16
Date

Fort Knox High School
Weight Room Usage

I Scott Curley opt to not use the weight room at the high
school for my FORT KNOX CROSS team during school year 15-16.
Name of coach
Name of Sport COUNTRY BOYS School Year

Scott Curley
Coach's Signature

2-1-16
Date

Fort Knox High School
Weight Room Usage

I Garland Knott Name of coach opt to not use the weight room at the high school for my Girls Cross Country Team Name of Sport team during school year 15/16 School Year.

Garland M. Knott
Coach's Signature

2/1/16
Date

Fort Knox High School
Weight Room Usage

I Lisa Miller Name of coach opt to not use the weight room at the high
school for my Cheerleading Name of Sport team during school year 2015-2016 School Year

Lisa Miller
Coach's Signature

2-1-16
Date

Fort Knox High School
Weight Room Usage

I Sam Wilson opt to not use the weight room at the high
school for my ^{Name of coach} Football team during school year 15/16.
_{Name of Sport} _{School Year}

Paul C. Wilh
Coach's Signature

29 Jan 2016
Date

Fort Knox High School
Weight Room Usage

I Richard Thompson opt to not use the weight room at the
high

school for my Softball team during school year _____.

Name of coach
Name of Sport School Year

Richard Thompson

Coach's Signature

January 29, 2016

Date

Fort Knox High School
Weight Room Usage

I Michael Ajorsen opt to not use the weight room at the high
school for my Boys Soccer team during school year 15/16.
Name of coach
Name of Sport School Year

Michael Ajorsen
Coach's Signature

Feb 2 2016
Date

Fort Knox High School
Weight Room Usage

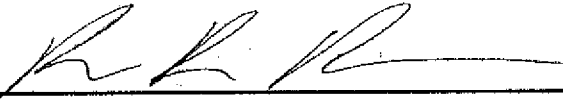
I Elizabeth Barnes opt to not use the weight room at the high
school for my Tennis team during school year 2015/2016.
Name of coach Name of Sport School Year

Elizabeth Barnes
Coach's Signature

February 1, 2016
Date

Fort Knox High School
Weight Room Usage

I Ramon Rodriguez opt to not use the weight room at the high
school for my Volley ball team during school year 2015-16.
Name of Coach Name of Sport School Year


Coach's Signature

1/29/16
Date

Fort Knox High School
Weight Room Usage

I James Bleecker (Wrestling Only) opt to not use the weight room at the high school for my Wrestling team during school year 2015-16.

Name of coach

Name of Sport

School Year

Coach's Signature

Date


02-02-16

November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 FB 6-7 AM PL 3-5 GBB 5-6	3 FB 6-7 AM WR/PL 3-430	4 SW 3-430 GBB 430-530	5 FB 6-7 AM WR/PL 3-5	6 FB 6-7 AM PL 3-5	7
8	9 FB 6-7 AM PL 3-5 GBB 5-6	10 FB 6-7 AM WR/PL 3-5	11 SW 3-430 GBB 430-530	12 FB 6-7 AM WR/PL 3-5	13 FB 6-7 AM PL 3-5 GBB 5-6	14
15	16 FB 6-7 AM PL 3-5 GBB 5-6	17 FB 6-7 AM WR/PL 3-5	18 SW 3-430 GBB 430-530	19 FB 6-7 AM WR/PL 3-5	20 FB 6-7 AM PL 3-5 GBB 5-6	21
22	23 FB 6-7 AM PL 3-5 GBB 5-6	24 FB 6-7 AM WR/PL 3-5	25 SW 3-430 GBB 430-530	25 FB 6-7 AM WR/PL 3-5	26 FB 6-7 AM PL 3-5 GBB 5-6	28
29	30 FB 6-7 AM PL 3-5					

December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 FB 6-7 AM WR/PL 3-5	2 SW 3-430 GBB 430-530	3 FB 6-7 AM WR/PL 3-5	4 FB 6-7 AM PL 3-5 GBB 5-6	5
6	7 FB 6-7 AM PL 3-5 GBB 5-6	8 FB 6-7 AM WR/PL 3-5	9 SW 3-430 GBB 430-530	10 FB 6-7 AM WR/PL 3-5	11 FB 6-7 AM PL 3-5	12
13	14 FB 6-7 AM PL 3-5 GBB 5-6	15 FB 6-7 AM WR/PL 3-5	16 SW 3-430 GBB 430-530	17 FB 6-7 AM WR/PL 3-5	18 FB 6-7 AM PL 3-5	19
20	21 FB 6-7 AM PL 3-5 GBB 5-6	22 FB 6-7 AM WR/PL 3-5	23 SW 3-430 GBB 430-530	24 FB 6-7 AM WR/PL 3-5	25 CHRISTMAS	26
27	28 FB 6-7 AM PL 3-5 GBB 5-6	29 FB 6-7 AM WR/PL 3-5	30 SW 3-430 GBB 430-530	30 FB 6-7 AM WR/PL 3-5	31	

January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NEW YEAR'S DAY	2
3	4 FB 6-7 AM PL 3-5 BBB 5-6	5 FB 6-7 AM WR/PL 3-5 TR 5-6	6 BBB 430-530 TR 530-630	7 FB 6-7 AM WR/PL 3-5	8 FB 6-7 AM PL 3-5 TR 5-6	9
10	11 FB 6-7 AM PL 3-5 BBB 5-6	12 FB 6-7 AM WR/PL 3-5 TR 5-6	13 BBB 330-430 TR 430-530	14 FB 6-7 AM WR/PL 3-5	15 FB 6-7 AM PL 3-5 TR 5-6	16
17	18 FB 6-7 AM PL 3-5	19 FB 6-7 AM WR/PL 3-5 TR 5-6	20 BBB 330-430 TR 430-530	21 FB 6-7 AM WR/PL 3-5	22 FB 6-7 AM PL 3-5 TR 5-6	23
24	25 FB 6-7 AM PL 3-5 BBB 5-6 BA 6-730	26 FB 6-7 AM WR/PL 3-5 TR 5-6	27 BBB 330-430 TR 430-530	28 FB 6-7 AM WR/PL 3-5	29 FB 6-7 AM PL 3-5 TR 5-6	30
31						

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 FB 6-7 AM PL 3-5	2 B 6-7 AM WR/PL 3-5 TR 5-6	3 BBB 330-430 TR 430-530	4 FB 6-7 AM WR/PL 3-5	5 FB 6-7 AM PL 3-5 TR 5-6	6
7	8 FB 6-7 AM PL 3-5	9 FB 6-7 AM WR/PL 3-5 TR 5-6	10 BBB 330-430 TR 430-530	11 FB 6-7 AM WR/PL 3-5	12 FB 6-7 AM PL 3-5 TR 5-6	13
14	15 FB 6-7 AM PL 3-5	16 FB 6-7 AM WR/PL 3-5 TR 5-6	17 BBB 330-430 TR 430-530	18 FB 6-7 AM PL 3-5	19 FB 6-7 AM PL 3-5 TR 5-6	20
21	22 FB 6-7 AM PL 3-5	23 FB 6-7 AM PL 3-5 TR 5-6	24 BBB 330-430 TR 430-530	25 FB 6-7 AM PL 3-5	26 FB 6-7 AM PL 3-5 TR 5-6	27
28	29 FB 6-7 AM PL 3-5					

March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 FB 6-7 AM PL 3-5 TR 5-6 BBB/GO 6-730	2 BBB/GO 330-430 TR 430-530	3 FB 6-7 AM PL 3-5 BBB/GO 5-630	4 FB 6-7 AM PL 3-5 TR 5-6	5
6	7 FB 6-7 AM PL 3-5	8 FB 6-7 AM PL 3-5 TR 5-6 BBB/GO 6-730	9 BBB/GO 330-430 TR 430-530	10 FB 6-7 AM PL 3-5 BBB/GO 5-630	11 FB 6-7 AM PL 3-5 TR 5-6	12
13	14 FB 6-7 AM PL 3-5	15 FB 6-7 AM PL 3-5 TR 5-6 BBB/GO 6-730	16 BBB/GO 330-430 TR 430-530	17 FB 6-7 AM PL 3-5 BBB/GO 5-630	18 FB 6-7 AM PL 3-5 TR 5-6	19
20	21 FB 6-7 AM PL 3-5	22 FB 6-7 AM PL 3-5 TR 5-6 BBB/GO 6-730	23 BBB/GO 330-430 TR 430-530	24 FB 6-7 AM PL 3-5 BBB/GO 5-630	25 FB 6-7 AM PL 3-5 TR 5-6	26
27	28 FB 6-7 AM PL 3-5	29 FB 6-7 AM PL 3-5 TR 5-6 BBB/GO 6-730	30 BBB/GO 330-430 TR 430-530	31 FB 6-7 AM PL 3-5 BBB/GO 5-630		

April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 FB 6-7 AM PL 3-5 TR 5-630	2
3	4- SPRING BREAK	5 SPRING BREAK	6 SPRING BREAK	7 SPRING BREAK	8 SPRING BREAK	9
10	11 FB 6-7 AM FB 245-400	12 FB 6-7 AM FB 245-400 BBB/GO 4-530	13	14 FB 6-7 AM FB 245-400 BBB/GO 4-530	15 FB 6-7 AM TR 250-430	16
17	18 FB 6-7 AM FB 245-400	19 FB 6-7 AM FB 245-400 BBB/GO 4-530	20	21 FB 6-7 AM FB 245-400 BBB/GO 4-530	22 FB 6-7 AM TR 250-430	23
24	25 FB 6-7 AM	26 FB 6-7 AM BBB/GO 3-430	27	28 FB 6-7 AM BBB/GO 3-430	29 FB 6-7 AM TR 250-430	30

May 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		2 FB 6-7 AM	3 FB 6-7 AM BBB/GO 3-430	4	5 FB 6-7 AM BBB/GO 3-430	6 FB 6-7 AM TR 250-430	7
8		9 FB 6-7 AM	10 FB 6-7 AM BBB/GO 4-530	11	12 FB 6-7 AM BBB/GO 3-430	13 FB 6-7 AM TR 250-430	14
15		16 FB 6-7 AM	17 FB 6-7 AM BBB/GO 4-530	18	19 FB 6-7 AM BBB/GO 3-430	20 FB 6-7 AM TR 250-430	21
22		23 FB 6-7 AM	24 FB 6-7 AM BBB/GO 3-430	25	26 FB 6-7 AM BBB/GO 3-430	27 FB 6-7 AM TR 250-430	28
29		30	31				

Knox Weight Room Rules

Proper Workout Attire-No Open toed shoes, proper PE Clothes
Use Play, No Loud Offensive Language

Collars on Barbells and Properly Use of Belts
Equipment for its Intended Use

Use all Free Weights to their Correct Weight Racks and or Weight

Equipment Must Be Used on all Free Lifting Stations. Example: Bench
line Press, Squats, Power Cleans, etc.

Prohibit Chewing Gum, Glass Bottles or Cans – Water Only

Drop Metal Weights or Dumbbells on Floors – Do Not Slam
Weights

Store ALL Weights in their Proper Place after Using Them

Do Not Sit on the Various Lifting Apparatuses between sets

Be ready to be present when lifting weights

Immediately Report All Accidents, Injuries and Equipment Failure to

time!

Be respectful of the work out given!

Respect your teammates and coaches; do not criticize your

as

and Encourage Each Other!

More than 3 Unexcused absences = dismissal

September 2015

December 2015

January 2016

February 2016

March 2016

April 2016

May 2016