



La Cañada High School

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Re: CIF Athletics/Physical Education Credit changes for incoming 9th graders (Class of 2021)

Dear Spartan Families and Students,

During the course of fall semester 2016, LCHS administration worked with staff and parents to create changes to policies that govern how student athletes earn physical education (PE) credit for participation in CIF sports. The express goals of policy revisions sought to address inequities between so-called 6th period sport participants that meet each day of the instructional week and those that participated in so-called 8th period, after school CIF sports that only attended during the specific season. LCHS administration also sought to address concerns associated with the out of season early release for underclassmen that presented challenges with respect to supervision and student safety.

For the 2017-18 school year, changes to the policies associated with how student athletes earn physical education credit for participation in CIF sports will be put into effect. **These policy changes will affect incoming 9th grade freshmen from the Class of 2021 and beyond.** Current students from the classes of 2018, 2019 and 2020 will be held to the current policies.

These changes will be shared with students during the counselor led, class-based registration meetings. This policy will be communicated to parents via email by LCHS administration and be included as part of the registration reference materials that students and parents will use to select classes for academic year 2017-18.

Background and changes:

1. 20 units of physical education coursework are required for graduation, with one year of PE in all grades 9-12 equivalent to 10 units per year or 5 units per semester.
2. Students may satisfy these 20 unit requirements by enrolling in a PE class during the instructional day or by participating in LCHS CIF athletics.
3. 9th grade students wishing to satisfy their PE requirement through participation in one of the CIF sports listed below, must try out for and make the team during summer tryouts. If a student makes one or more teams, s/he will be enrolled in a 6th period PE class. This course will be in session for the entire year.
4. Students in this PE class will receive 5 units of PE credit per sport with a maximum of 10 units per year. Students who choose to be 3-sport athletes, Fall/Winter/Spring, will also earn 10 units for the year.

5. When students are “in season” for the sport, they will attend the sport practice at the posted times as determined by the coach. When out of season, students will attend a 6th period PE class. This class will meet four times per week, each day period 6 is in session. The class will provide physical education and have one or more days dedicated to a study hall, where students will be able to work on homework in a supervised learning environment. Students will also engage in the study of Health for a period of time which will fulfill their Health requirement.
6. Students in grades 11-12 who have completed their PE requirement and choose to continue playing in a CIF sport may enroll in this 6th period class as an elective based upon availability of space. They are required to participate in both the season of the sport and the PE portion of the class when out of season.
7. For CIF sports coached by an on campus coach - **football, basketball for girls and boys, wrestling, and aquatics for girls and boys**, students in grades 9-12 will be required to enroll in the 6th period sport class. This class will be supervised by the on campus coach and work on all facets of sports across the year. This class will meet each day that 6th period is in session (some aquatics teams meet 0 period instead of 6th period).

Fall Sports	Winter Sports	Spring Sports
Cross Country Football Girls' Golf Girls' Tennis Girls' Volleyball Boys' Water Polo	Boys' Basketball Girls' Basketball Boys' Soccer Girls' Soccer Girls' Water Polo Wrestling	Baseball Softball Lacrosse Boys' Tennis Track and Field Boys' Golf Swim and Dive Boys' Volleyball

To be clear, all current 9th-11th graders, from the classes of 2018-2020 will proceed using the 2016-17 policies for the remainder of their high school years. These students will continue to earn 10 units of PE per 8th period sport, or 10 units per year for a 6th period sport.

If you have any questions about how this policy will affect your student, please feel free to contact Ms. Hazlett, or your child's counselor.

Sincerely,
Mary Hazlett
Assistant Principal