

# KINETIC WELLNESS EXEMPTIONS FOR IN-SCHOOL ATHLETICS

## EXPLANATION

Varsity/Junior Varsity athletes who are juniors or seniors may be exempted from Kinetic Wellness their junior and senior years. There are no exemptions allowed for freshman or sophomore athletes.

## CRITERIA TO BE ELIGIBLE FOR AN EXEMPTION

(A student/sport must meet all of the following criteria before applying for an exemption.)

1. The sport must involve health and skill-related components of fitness.
2. The sport must involve practice or competitions for a minimum of five days a week.
3. The sport is an IHSA sanctioned sport or has a national, state or regional governing body.
4. The sport requires an athletic permit to participate.
5. The sport involves a schedule of interscholastic competition.
6. The athlete must attend practices and games consistently throughout the season.
7. The athlete must be on the roster to actually compete in interscholastic competition.

## ATHLETE RESPONSIBILITIES - APPLICATION PROCESS

(Athletes should inform their Kinetic Wellness teacher that they are trying out for an athletic team.)

1. You must attend Kinetic Wellness class orientation and complete all requirements prior to being released for participation on an athletic team.
2. You must sign the release form at the time of release from your Kinetic Wellness teacher.
3. You are required to return to your Kinetic Wellness class to attend all wellness-related events during the time you are exempt (e.g. Alcohol Awareness Day, AIDS Awareness Day).
4. You are required to return to your Kinetic Wellness class the SCHOOL DAY after your last regular season contest, or the SCHOOL DAY after you are no longer a member of the team.
5. Failure to return to your Kinetic Wellness class on the designated date will jeopardize future Kinetic Wellness exemptions. You will be required to make up all missed Kinetic Wellness classes.

## COACH RESPONSIBILITIES

Coaches will provide the Athletic Department with team rosters that the Kinetic Wellness Department will use to exempt athletes from their Kinetic Wellness classes for the season. If the season extends past regular season competition, it is the responsibility of the Head Coach to communicate with the Kinetic Wellness Department Assistant any and all information (e.g. athletes continuing on in extended competition, return to Kinetic Wellness class due date, athletes who quit the team throughout the season).