

KINETIC WELLNESS CRITERIA FOR NEW TRIER ATHLETIC TEAMS

EXPLANATION

Over the years new teams have been added to the list of New Trier sports. With the addition of each new sports team, coaches request their athletes be considered for Kinetic Wellness exemptions.

For many years New Trier granted athletic exemptions from Kinetic Wellness as the curriculum included similar athletic experiences. In recent years Kinetic Wellness curricula have changed from traditional sports offerings and expectations to educational experiences and expectations that differ from athletics.

The required curriculum for freshmen and sophomores provides the foundation for health, physical education and wellness education. The junior and senior Kinetic Wellness experiences boast 18 different opportunities from which students can choose ranging from outdoor education to yoga to strength and conditioning for athletes. Many new courses compliment training for athletics while other choices provide entirely different experiences.

With the addition of new sports teams, criteria needed to be developed to determine whether or not the team experience involved the same time commitment and physicality as other New Trier teams exhibited in the past.

CRITERIA FOR NEW TRIER ATHLETIC TEAMS

To be considered for Kinetic Wellness exemptions, the sport must:

1. Involve health and skill-related components of fitness.
2. Hold practice or competitions for a minimum of six days a week as well as time of each practice directly aligned with current athletic practice standards.
3. Be an IHSA sanctioned sport or have a national, state or regional governing body.
4. Require an athletic permit to participate.
5. Schedule interscholastic competitions.
6. Be a New Trier-sponsored team through New Trier Athletics or New Trier Student Activities and established for a minimum of three years.