

## ***Kinetic Wellness Exemptions for Out-of-School Athletics***

---

Kinetic Wellness exemptions are considered for a few unique students who participate in a sport outside of school that requires a significantly shortened academic day in order to fully participate and meets our national or junior national level criteria. Kinetic Wellness exemptions are not allowed for freshmen or sophomores.

### **CRITERIA TO APPLY FOR AN EXEMPTION**

Students must meet the criteria explained above before applying for a Kinetic Wellness exemption:

1. Student must be a junior or senior and enrolled in a releasable KW class.
2. Student must have a significantly shortened academic schedule to accommodate the outside athletic participation. A significantly shortened day is one in which the student will only be available for 5 or fewer classes including their Kinetic Wellness class. The process of approving a shortened schedule is overseen by the office of the Assistant Principal for Administrative Services at the Winnetka Campus and requires documentation of significant and required school-time commitments to fully participate in the activity.
3. Student must be competing at the equivalent level of a national or junior national competition.

### **APPLICATION PROCESS**

1. Submit three letters:
  - a. Letter from **parents/guardian** describing the nature and time commitment of the activity.
  - b. Letter from the **student** describing the activity, his/her time commitment and the goals they have set for themselves in this activity.
  - c. Letter from the **coach** confirming practice and competition times, location and the national level of competition.
2. Submit three schedules:
  - a. New Trier class schedule
  - b. Competition schedule
  - c. Practice schedule
3. If the Assistant Principal for Administrative Services approves a shortened schedule, the Kinetic Wellness Exemption Committee will convene to review the application and determine final approval for exempting Kinetic Wellness from the student's shortened schedule.

### **APPROVED EXEMPTION PROCEDURES**

1. Students will receive (through their adviser) a letter from the Kinetic Wellness department chair notifying them of the KW Exemption Committee's decision.
2. Students must attend all wellness related events on campus (e.g. Alcohol Awareness Day, Senior 411 (seniors only), and AIDS Awareness Day) scheduled during their exemption period.
3. At the end of each quarter, students must submit a self-reflection paper to the KW department chair describing how they have met Kinetic Wellness, state and national standards along with their daily practice/competition log signed by their coach.
4. Students who do not submit the quarterly self-reflection and practice log will fail the Kinetic Wellness semester. Juniors who fail will not be considered for this exemption privilege senior year. Seniors who fail must meet with the KW department chair regarding remedial plans.