

MANHATTAN BEACH UNIFIED SCHOOL DISTRICT INDEPENDENT STUDY ATHLETICS APPLICATION

DATE: April, 2013

TO: Parents and Students

FROM: John Jackson, Principal – MBMS
Jaime Mancilla, Vice Principal- Mira Costa High School
Denise Anderson, ISA Instructor – MCHS & MBMS

The program known as Independent Study Athletics (ISA) will require that the student be an **ELITE** athlete competing successfully at the national or state level in his/her sport. If the student is in seventh/ninth grade, he/she will also be required to pass the state mandated FITNESSGRAM physical fitness test to remain eligible for the program. This requires that the student to meet with a MBUSD credentialed P.E. teacher during the school year to facilitate the testing; the student may need to forgo his/her ISA activity on the days assigned for the fitness testing. The **INDEPENDENT STUDY ATHLETICS application must be renewed each year.**

Activities that will not qualify for Independent Study Athletics include (but are not limited to): Club sports (volleyball, soccer, softball, baseball, basketball, etc.), recreational leagues (AYSO, etc.), most dance programs, individual programs with trainers, aerobics, and weight training.

TIMELINES FOR EVALUATION & REPORTING

EVALUATION BY COACH/INSTRUCTOR: Written evaluations corresponding to the athlete's list of goals and activities should be submitted by the coach to Denise Anderson by the deadlines indicated below.

ACTIVITY LOG: The student's weekly practice and competition schedule should be recorded on a DAILY basis. The log should reflect the date of the activity, the hours spent engaged in the activity, and the nature of the activity. To meet the requirements for credit, high school students must complete a minimum of 15 hours of appropriate activity per week. The requirement for middle school students is a minimum of 10 hours of appropriate activity per week. The activity log must be submitted by the deadlines indicated below.

<u>Mira Costa High School Deadlines</u>		<u>Items to Submit</u>
1 st Quarter	October 25, 2013	Activity Log ONLY
1 st Semester	January 17, 2014	Activity Log AND Coach Evaluation
3 rd Quarter	March 28, 2014	Activity Log ONLY
2 nd Semester	June 6, 2014	Activity Log AND Coach Evaluation

Application Deadline - Tuesday, May 14, 2013

<u>MBMS Deadlines</u>		<u>Items to Submit</u>
1 st Trimester	November 8, 2013	Activity Log AND Coach Evaluation
2 nd Trimester	March 7, 2014	Activity Log AND Coach Evaluation
3 rd Trimester	June 6, 2014	Activity Log AND Coach Evaluation

Please submit logs and evaluations to Denise Anderson's mailbox at your school or via email to **danderson@mbusd.org**

INDEPENDENT STUDY ATHLETICS

The Governing Board authorizes independent study athletics as an optional, alternative strategy in highly specialized circumstances for students who participate in demanding, regular, out-of-school, elite physical activity.

Independent study athletics shall offer a means of enabling students to reach physical education curricular objectives and fulfill graduation requirements by providing them with an alternative educational plan for physical education. As necessary to meet student needs, independent study may be offered to replace the components of the grade level physical education standards in conjunction with part- or full-time classroom study.

(cf. [6142.7](#) – Physical Education)

(cf. [6143](#) - Courses of Study)

(cf. [6146.1](#) - High School Graduation Requirements)

The Superintendent or designee shall approve independent study athletics for an individual student only upon determining that the student is prepared to meet the district's requirements for independent study athletics and is likely to succeed as well as or better than he/she would in the regular physical education program.

The minimum period of time for any independent study athletics option shall be five school days. A student excused from the regular physical education program shall have his/her schedule reduced by one class period for the duration of the independent study athletics agreement.

The Superintendent or designee shall ensure that a written independent study agreement, as prescribed by law, exists for each participating student. (Education Code [51747](#))

Eligibility for Independent Study Athletics

Parents/guardians of students who are interested in independent study athletics should contact the principal/designee. Approval for participation shall be based on the following criteria:

1. The activity in which the student competes/participates must be an extension of an existing component of the California physical education standards.
2. The activity must be conducted under the supervision of a credentialed physical education instructor within the Manhattan Beach Unified School District.
3. The activity must consist of instruction that meets or exceeds ten hours every week for middle school students and fifteen hours every week for high school students.
4. The activity must represent a continuation/extension of the student's past record of involvement and dedication in the sport, as evidenced by the number of years the student has been involved in the training and the individual achievement level outside of school that has been attained by the student.
5. Independent Study Athletics is offered only during the school year.

INDEPENDENT STUDY ATHLETICS

Written Agreements and Conditions

A written independent study athletics agreement shall be executed for each student participating in the program for five or more school days (Education Code 51747). To request that independent study athletics be used to satisfy whole or partial credit for the physical education curriculum and high school graduation requirement (if applicable), the parent/guardian of the student shall submit written application to the principal or designated school official. The following information shall be included in the application:

1. A statement for the out-of-school instructor which cites the instructor's qualifications or credentials and the official endorsement of the instructor's program and/or training facility.
2. A statement from the instructor which outlines the nature of the planned out-of-school instruction and specifies the time commitment that will be expected of the student.
3. A statement signed by the parent/guardian, holding Manhattan Beach Unified School District harmless from the responsibility/liability for any accident or injury to the student resulting from the out-of-school instruction.
4. Evidence from school records that the student's current grade point average is 2.0 or higher.

If the application is approved, a designated, credentialed physical education teacher will be assigned to oversee the student's athletics program. This P.E. teacher will analyze the student's sport/activity as described in the application to determine which California physical education standards will be met and which will not for the student's particular grade level. The student will be required to meet with his/her P.E. teacher as needed for instruction in the physical education standards lacking in the elite activity. Furthermore, the student will also need to meet with his/her P.E. teacher once each quarter (high school) or trimester (middle school) at least one week prior to the close of the grading period. The purpose of this meeting will be to review student progress, time schedules, and other provisions of the independent study athletics agreement. At the time of each of these meetings, the out-of-school instructor shall furnish a written statement verifying the student's participation in the out-of-school institution, citing the number of hours that he/she participated in the instruction, and assessing his/her achievement toward stated goals. At all times during the period of the independent study athletics agreement, the student's grade point average must be a 2.0 or higher, and the student must meet all requirements for participation in extracurricular and co-curricular activities, such as those outlined in Administrative Regulation 6145. If all conditions have been met, the physical education teacher overseeing the program will assign the student a grade of pass for the quarter/semester/trimester, and high school students will be awarded physical education credit for that quarter.

Class Schedule

During the period of the student's independent study athletics agreement, the student's schedule will be reduced by one class period because he/she will not be enrolled in a regular physical education class. The time slot that would have been occupied by physical education may **not** be replaced by an additional course. The student's schedule is reduced by one class period in recognition of the time commitment involved in the out-of-school, elite physical activity and is intended to provide time for the study required in support of the core classes. Regular assignment to the library or to other supervised study location shall not be permitted as part of independent study athletics. Responsibility for ensuring study in support of the student's remaining classes lies with the student and his/her parents/guardians.

INDEPENDENT STUDY ATHLETICS**Non-Compliance with Conditions of Independent Study Athletics**

Should the physical education teacher overseeing a student's independent study athletics program deem that the requirements of the agreement have not been met, the permission to participate in the program will be withdrawn. In such cases, the student will be enrolled in a regular physical education course for the following quarter/trimester. Credit will not be granted to high school students for the quarter in which the review occurred. (Education Code 51747)

Grading and Credit

The designated physical education teacher overseeing each student participating in the independent study athletics program will assign a grade of pass or fail each grading period based on the documentation provided by the coach/instructor of the out-of-school, elite physical activity and the student's performance on any tasks assigned by the teacher. High school students who receive a grade of pass will also earn physical education credit for that grading period. (Education Code 51747)

Physical Fitness Test for California

The State Board of Education has designated the Fitnessgram as the state's required physical fitness test for students enrolled in grades five, seven, and nine. SB 601 requires that students score in the healthy fitness zone in five of six areas or better to obtain a passing score on this assessment. Areas measured by the test include aerobic capacity, body composition, abdominal strength, trunk extension, upper body strength and flexibility. Students who participate in independent study athletics in grades seven and nine must take the Fitnessgram and earn a passing score to continue in the program the following school year. Any student scoring in the healthy fitness zone on four or fewer areas will be enrolled in a regular physical education class the following school year and will not be eligible for independent study athletics until the student earns a passing score of five or six areas in the healthy fitness zone. (Education Code 60800)

Visitations by School Personnel

In order to validate the information contained in the application as well as the caliber of the outside instruction, school personnel reserve the right to visit the training site during the period of the independent study athletics agreement.



Attachments to be returned with this application:

- ____ a resume from the coach on professional letterhead
- ____ proof of insurance coverage for student during activities
- ____ Hold Harmless Agreement (Waiver)

Application Due Date: Tuesday, May 14, 2013

**MANHATTAN BEACH UNIFIED SCHOOL DISTRICT
PHYSICAL EDUCATION INDEPENDENT STUDY APPLICATION**

SCHOOL: **MCHS** **MBMS** **YEAR:** _____

Student Name: _____ Grade: _____

Parent Name(s): _____

Address: _____ Home Phone: _____

Email: _____ Work/Cell Phone: _____

Sport/Activity: _____ Competition Level: _____

Number of hours per week: _____ Number of days per week: _____

Specific days & times of instruction/workouts: _____

Instructor/Coach Name: _____

Instructor/Coach Phone: _____

Name of Workout Facility: _____

Workout Facility Address: _____

State or National Competitions or Awards: _____

Instruction

E 6158.1(a)

INDEPENDENT STUDY ATHLETICS

Documentation – Please attach one or more of the following means of documentation to this application:

- Meet/event participant list
- Newspaper listing including participant’s name
- Ranking list from sport’s state or national organization

Please list a *minimum of three long term* GOALS the student will be working toward in this program:

1. _____
2. _____
3. _____

Please list a *minimum of three immediate* (this semester/trimester) GOALS the student will be working toward in this program:

1. _____
2. _____
3. _____

In pursuit of the above goals, by the end of each semester/trimester, the student will participate in the following ACTIVITIES during the semester/trimester as verified by the coach/instructor: (*List specific activities*)

1. _____
2. _____
3. _____
4. _____
5. _____

If more room is needed, please attach additional pages to this application.

Instruction

E 6158.1(b)

INDEPENDENT STUDY ATHLETICS

Authorization Signatures:

Coach/Instructor Date

Parent Date

Student Date

Counselor Date

Vice Principal Date

Verification of 2.0 or better GPA _____ Initials _____ Date _____

Instruction

E 6158.1(c)

INDEPENDENT STUDY ATHLETICS



**MANHATTAN BEACH UNIFIED SCHOOL DISTRICT WAIVER,
RELEASE AND INDEMNITY AGREEMENT
ASSUMPTION OF RISK FOR PARTICIPATION IN
INDEPENDENT STUDY ATHLETICS PROGRAM**

Name of Participant: _____

Description of Activity: _____

Date(s) of Activity: _____

Activity Coordinator/Instructor: _____

Location of Activity: _____

Transportation: **Transportation arrangements are completely the sole responsibility of the parent/guardian.**

Supervision: **The Voluntary Independent Study Athletics Program is part of the curriculum of the Manhattan Beach Unified School District; however, when participants are at the activity location, there will be no District supervision whatsoever.**

By my signature below, I hereby give permission for my son/daughter to participate in the Manhattan Beach Unified School District's Independent Study Athletics Program as outlined above. I understand that this activity could cause serious illness and/or injury or death, and I assume all risks for any such illness and/or injury or death. I am aware of the transportation arrangements for this activity and acknowledge that if the school is providing no transportation, the parent has complete and sole responsibility for all transportation arrangements. I am aware that the District does not provide coverage for medical treatment or liability in connection with this activity. If a participant does not have private medical insurance, low-cost school insurance is available through the District.

For and in consideration of permitting the above named child to participate in the activity described above, the undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, bodily injury, property damage or wrongful death occurring to him/herself arising in any way whatsoever as a result of engaging in said activity or any activities incidental thereto wherever or however the same may occur and for whatever period said activities may continue. The undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, waive, discharge and relinquish any action or causes of action, aforesaid, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute, present any claim for personal injury, bodily injury, property damage or wrongful death against the Manhattan Beach Unified School District (District) or any of its officers, agents, servants, or employees for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise.

I fully understand that participants are to abide by all rules and regulations governing conduct during this activity. Any violation of these rules and regulations may result in that individual not being allowed to participate in the activity.

The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes all risks of bodily injury to his/her child, as stated, and expressly acknowledges their intention, by executing this instrument, to exempt and relieve the District, its officers, agents, and employees, from any liability for personal injury, bodily injury, property damage or wrongful death that may arise out of or in any way be connected with the above-described activity. I have read the foregoing and have voluntarily signed this agreement. I am aware of the potential risks involved in this activity and I am fully aware of the legal consequences of signing this instrument. I further acknowledge that the District does not provide liability insurance for this program, nor does the District provide medical coverage for participants in this activity.

Parent/Guardian Signature

Participant Signature

Parent/Guardian Name (Please Print)

Date

Phone

Instruction

E 6158.1(c)

INDEPENDENT STUDY ATHLETICS



Independent Study – Athletics Sports List and Suggested Criteria

Sport	Suggested Criteria
Crew	Compete in a Varsity Boat
Cycling	Ranked in the top 15 at National's in age division
Dance	All advanced Level Classes for age—Must dance in the Studio's Company AND list Summer Intensive Program(s) attended, Placed at State/National competitions
Equestrian	Competed and placed in shows: Del Mar National's <u>OR</u> Hits Desert Circuit <u>OR</u> L.A. Jumping Festival (or similar shows)
Fencing	<u>MBMS</u> -Must meet one of the following: <ol style="list-style-type: none"> 1) Fence in at least 2 SYC's or NAC's or Summer Nationals during the current or prior fencing season. <u>OR</u> 2) Have a National USFA Rating. <u>OR</u> 3) Be on the USFA National points list in any age group from the prior or current season. <u>MCHS</u> -Must meet one of the following: <ol style="list-style-type: none"> 1) Fence in at least 2 NAC's during the current or prior fencing season. <u>OR</u> 2) Have a National USFA Rating. <u>OR</u> 3) Be on the USFA National points list in any age group from the prior or current fencing season.
Figure Skating	Juvenile (MBMS) Intermediate and above (MCHS)
Golf	AJGA Ranking – Top 150 (By Age)
Gymnastics	Competing at Level 7
Gymnastics, Rhythmic	Competing at Level 7
Ice Hockey	Tier 3 or AAA
Martial Arts	Black Belt
Rock Climbing	Qualify for National (Individual <u>NOT</u> Team)
Sailing	Competed at Nationals
Swimming	Meet Times(BB Times – short course)
Tennis	USTA Junior Ranking – Top 150 (Open ONLY!)

Sports not qualifying for the ISA Program include but are not limited to: Football, Baseball, Softball, Basketball, Volleyball, Soccer, Water Polo and Surf.

No re-entry to the ISA Program!