

Qualifying Pathway Application Check List:

Path A (for grades 11& 12): Participation in three NJSIAA-recognized JV/Varsity sports at PHS.

- Option II Handwritten Application**
- Must Have a History in Grades 9 and 10 playing three sports at PHS**

Path B (for grades 11& 12): Participation in two NJSIAA-recognized JV/Varsity sports accompanied by documented out of season training that amounts to a minimum of 150 minutes per week in between seasons by a certified and qualified coach/instructor/trainer who is approved by the Director of Athletics. The out of district coach/instructor/trainer cannot be affiliated with Princeton Public Schools.

- Option II Handwritten Application**
- Must Have a History in Grades 9 and 10 playing two sports at PHS**
- Completed Letter of Support from Sponsoring Coach/Instructor/Trainer**
- Attached Copies of Sponsoring Individuals CPR/AED & First Aid Certifications**
- Attached Copies of Sponsoring Individuals Certificates of Completion for two NFHS Annual Courses Titled Concussion in Sports & Heat Illness Prevention**

Path C (for grades 11 & 12): Participation in one NJSIAA-recognized JV/Varsity sport at PHS, plus documented off-season-training that amounts to a minimum of 150 minutes per week in between seasons by a certified and qualified trainer/coach who is approved by the Director of Athletics. The out of season coach/trainer cannot be affiliated with Princeton Public Schools.

- Option II Handwritten Application**
- Must Have a History in Grades 9 and 10 in playing 2 sports at PHS**
- Completed Letter of Support from Sponsoring Coach/Instructor/Trainer**
- Attached Copies of Sponsoring Individuals CPR/AED & First Aid Certifications**
- Attached Copies of Sponsoring Individuals Certificates of Completion for two NFHS Annual Courses Titled Concussion in Sports & Heat Illness Prevention**

Path D (for grades 10, 11, & 12): Continuous high-level training, practice, performance, and/or competition in the same sport that is currently Not Offered at PHS. The continued training must run from September through June for a minimum of 150 minutes per week under the supervision of the same certified/qualified trainer/coach approved by the Director of Athletics.

- Option II Handwritten Application**
- Must Have A History In Grades 9 and 10 in playing 2 sports at PHS**
- Completed Letter of Support From Sponsoring Coach/Instructor/Trainer**
- Attached Copies of Sponsoring Individuals CPR/AED & First Aid Certifications**
- Attached Copies of Sponsoring Individuals Certificates of Completion for two NFHS Annual Courses Titled Concussion in Sports & Heat Illness Prevention**

Procedures for Application & Documentation

- Students begin by filling out the application that can be printed out from the Athletics website. Option II Pathway B, C, and D students must also submit a letter of support from the outside organization, which should include a program description and all required instructor/coach certifications and credentials. Option II Pathway D students are required to have a physical on file at our nurses' office. A student's physical expires after 365 days.
- Out of district cooperating coaches for pathway B, C, and D are required to provide all certifications set forth by The New Jersey State Interscholastic Athletic Association. The certifications include the submission of copies of their CPR/AED and First Aid certifications that must be completed by the American Red Cross or the American Heart Association. Out of district coaches are also required to complete two courses that are free of charge and offered online by the National Federation of State High School Association. The courses are Heat Illness Prevention and Concussions in Sports.
- Once a completed application and all NJSIAA coaches' credentials are received and approved, students are responsible for logging hours weekly. Every "D" day, students must submit their logs to the physical education teachers. A blank log can be obtained outside the PHS Athletics Office.
- Full compliance is required in order to receive a passing grade. Students are required to receive a grade of 85% or above to pass their required health classes. Late logs may be viewed as a failure to meet the 150 minutes/week requirement, and may result in removal from Option II, loss of credit, and/or a grade of F for Failure.
- Students are solely responsible for submitting documentation by weekly deadlines. Any documentation that has been forged, plagiarized, or cannot be verified will result in removal from Option II, loss of credit, and/or a grade of F for Failure.



Princeton High School

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Option II for Alternative Physical Education: Information Sheet

Princeton Public Schools encourages all pupils to participate fully in the physical education program. It recognizes, however, that some pupils are engaged in athletic, interscholastic, or other programs of vigorous physical activity, allowing for achievement of the New Jersey Core Curriculum Content Standards. Pupils, according to rules of the State Board of Education, maybe excused from the required enrollment in a physical education course, while still earning physical education credit.

There Are Four Qualifying Pathways:

Path A (for grades 11& 12): Participation in three NJSIAA-recognized JV/Varsity sports at PHS.

Path B (for grades 11& 12): Participation in two NJSIAA-recognized JV/Varsity sports accompanied by documented out of season training that amounts to a minimum of 150 minutes per week in between seasons by a certified and qualified trainer/coach who is approved by the Director of Athletics. The out of season coach/trainer cannot be affiliated with Princeton Public Schools.

Path C (for grades 11 & 12): Participation in one NJSIAA-recognized JV/Varsity sport at PHS, plus documented off-season-training that amounts to a minimum of 150 minutes per week in between seasons by a certified and qualified trainer/coach who is approved by the Director of Athletics. The out of season coach/trainer cannot be affiliated with Princeton Public Schools.

Path D (for grades 10, 11, & 12): Continuous high-level training, practice, performance, and/or competition in the same sport that is currently Not Offered at PHS. The continued training must run from September to June for a minimum of 150 minutes per week under the supervision of the same certified/qualified trainer/coach approved by the Director of Athletics.

No Option II applicant will be granted acceptance into the program unless a completed application is submitted to the Department of Athletics no later than Friday Sept. 15, 2017.

The completed application must include copies of the sponsoring out of district coaches'

professional certifications that will include an updated copy of their current CPR/AED and First Aid certifications by the American Red Cross or the American Heart Association. Each cooperating Option II coach is required annually to take two courses which are free of charge and offered online by the National Federation of State High School Association. The courses are titled "Heat Illness Prevention" and "Concussions in Sports". Please note that all copies of the above certifications are required at the time the application is submitted. These free courses can be obtained by visiting <https://nfhslearn.com>.

The completed application must include a letter from the sponsoring coach that explains their intent and support of the athlete in the Option II program for the 2017-2018 school year. The certifications and supporting letter must demonstrate to the satisfaction of the administration that the alternate activity/program meets the physical education program goals and objectives established by law, the New Jersey Core Curriculum Content Standards, and Princeton Public School District.

The alternative program must also provide activities and development equivalent to those provided by the physical education program of this district. Any parent who wishes to exercise the Option II Alternative Physical Education program for Pathway "A" or "B" where the student has a history of participating in three or two sports is not required to submit certifications or letters of intent from their PHS coaches.

Student Responsibilities & Documentation

NJ State Statute 18A: 35-5, 7, and 8 requires a minimum of 150 minutes of participation in health, safety, and physical education weekly. The student must have the sponsoring coach or instructor verify that the student was present and active for at least 150 minutes each week. The coach or instructor must sign the weekly log of Hours. Every "D" day at PHS logs and journals must be submitted and verified by the students assigned physical education teacher and reviewed at the end of the marking period with the Physical Education Option II Quarterly Project. Failure to comply with the Option II requirements will result in Option II probation and/or removal from the option II program.

Option II Application:

Before filling out this application, please carefully read the Option II Information Packet. There are four qualifying paths for Option II.

Complete the application form to begin the process by applying for an alternative physical education program. Please see Princeton Public School's BOE Policy #5460, and for independent study opportunities, Policy # 2320 for more information.

Your application will not be accepted and process unless it is complete. Depending on your pathway a completed application may or may not include a signed **letter of support** from the outside coach/instructor, coach/instructor CPR/AED & First Aid Certifications, and NFHS certificates of completion for two annual courses titled Concussion in Sports and Heat Illness Prevention.

An application will not be reviewed until all of the above items are attached and submitted with the application.

The letter from the sponsoring coach/instructor must include the following:

- thorough and specific descriptions of the elements of physical activity
- number of minutes or hours per week that the student is active and under coach/instructor supervision
- beginning and ending dates of the activity or program
- descriptions of performance or benchmarks that the student will need to complete as part of this activity
- descriptions of licenses, professional affiliations, and other credentials held by the coach/instructor
- descriptions of the governing organization or other organizations with which the school/gymnasium is affiliated.

All completed applications, supporting certifications, and letters of support must be received by Friday Sept. 15, 2017. Late applications must appeal directly to the Athletic Director/ Health/Phys. Ed. Supervisor.

Important notes and obligations for all students pursuing Option II:

- Students must meet the NJSIAA academic eligibility requirements.
- Students must have received a final grade of a B or above in 9th and 10th grade physical education.
- Students must arrive on time to their scheduled physical education classes for attendance before being released for studies.
- Students must complete two journal entries per week which are completed online or by using any hand held device. The link will be provided by your assigned physical education teacher.
- Students must submit their signed hourly logs to their physical education teachers every "D" day.
- Students must attend their scheduled health class during the school year for one quarter.
- Students may NOT enroll in another academic class; Option II students will be released during their PE period and must remain in the building during this time. No changes will be made to the students scheduled PE period.
- Students must complete three quarters (minimum of 135 days) of physical activity to fulfill the requirements of this program.
- Students who meet all eligibility criteria and complete all requirements including a problem based learning project at the end of each marking period will receive a grade of P (Pass) for 3.00 credits, which will NOT compute into their overall GPA.
- Students who do NOT complete all requirements of this program may be in jeopardy of failing to achieve all of the credit hours required for graduation.
- In case of injury, sickness or the inability to participate in any physical activity, a doctor's note will be required and must be submitted to the school nurse and guidance counselor in order for the student to go onto a Medical PE status. Students in this status will be required to complete assigned projects and makeup work. Parental notes for illness will NOT be accepted to excuse students from their activity.

Journal Entry & Time Accumulation Logs

The following rules govern time logs & journal entries for Option II students:

- Documentation and time accumulated for the week begins every Monday and ends on Sunday.
- All students are responsible for a minimum of 150 minutes of activity per week beginning the first day of the quarter and ending the last week of full school days during approved quarter.
- Shortened school weeks will alter the minimum 150 minutes-per week requirement. For example, during the three-day Thanksgiving break; students are not required to accrue any time because PHS physical education classes may not be on the students' schedule.
- When school is closed for an entire week, students are not responsible for fulfilling their Option II obligation (Spring & Winter Break).
- Absences from school do not lessen the minimum 150-minute per week requirement.
- Extra minutes cannot be carried over to the next week.

Option II for Alternative Physical Application

1. Students Full Name: _____

2. Parent's/Guardian's Full Name: _____

3. Student ID: _____

4. Student Option II Pathway: A B C D

5. Students Guidance Counselor: _____

6. Student's Grade Level (for year of Option II request): 9 10 11 12

7. Primary Parent Email Address:

8. Primary Student Email Address:

9. Primary Phone Number:

10. Type of Athletic/Physical Activity:

11. Name of Cooperating School/Gymnasium/Studio or organization:

12. Approximate MINUTES per week of activity:

13. Out of District Program Start Date

13. Out of District Program End Date

Statement of Understanding:

I have read, understand, and agree to comply with the procedures, limitations, and requirements outlined on this form and in Princeton Public School’s BOE Policy #5460, and for independent study opportunities, Policy # 2320.

I further agree to provide any documentation requested through the PPS’s evaluation of this application and implementation of any approved opportunity. I also understand that approval of this application in no way implies or guarantees satisfaction of NCAA’s eligibility requirements for any division.

Student Signature

Yes

No

Parent/Guardian Signature

Yes

No

Application Approved____

Application Denied____

Athletic Director/Health & PE Supervisor

Date

***If Application is denied, the student has the right to appeal the decision. This should be done in writing to the student’s Assistant Principal within 5 days of receipt of denial.**

CC:

Student’s Assistant Principal

Student’ School Counselor