

PE Athletics Credit -- Students may petition for 1 semester of PE credit for full participation in two HBA or Pac-5 sports within a school year for grades 9-11. At least one of the sports must include aerobic training and/or weight-training. This pass/fail course will fulfill a semester PE requirement for any school year that the student is not already enrolled in a PE class. Unlike the regular Coed PE class that assigns a letter grade, the PE Athletics grade will be recorded on the student's transcript without affecting his/her G.P.A..

TO: **HBA Athletics Director**

FROM: _____ (name), _____ (gender), _____ (current homeroom)

RE: Petition for **2010-2011 PE Athletics Credit** in Grade Level: _____

Dear HBA Athletics Director,

I am interested in applying for one semester of High School Physical Education credit during the 2010-11 School Year. My plan is to fully participate in the following two HBA or Pac-5 sports for that year. (Select at least 2 sports from the attached list.)

HBA/Pac-5 Sport	Level of Participation: Intermediate, JV, or Varsity	Approximate Starting Date	Have you participated in this team in the past?
1.			
2.			
3.			

I understand that in order to receive credit for PE-Athletics,

- I must try out for the sport, be selected to the team, and fully participate in the complete season of each school sport (this includes maintaining academic eligibility requirements).
- At least one of the two sports must include weekly aerobic activity and/or weight training.
- I will be enrolled in this class as an 8th course for the second semester.

I also understand that if I fail to meet the above requirements,

- I will receive no credit.
- I will be assigned one of the following grades for not fully participating:
W = withdrawal (e.g., did not make it on 2 teams);
M = medical (e.g., dropped from a team because of major injury); or
F = failure (e.g., quit or kicked off a team during the season)
- I must enroll in a regular PE class during the following year (e.g., required PE in 11th grade).

Student's Personal Statement: I believe that I am a good candidate for this program because . . . _____

I am planning to enroll in _____ (0,1, or 2) semester guided study classes in 2010-11.
[note: A guided study class is highly recommended for students in this program.]

Student's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Athletic Director's Approval: [] yes [] no

Director's Signature: _____ Date: _____

DEADLINE: Submit this form to the Athletic Director by February 12, 2010. Late applications will not be approved.

Sports Offered at HBA for 2009-2010

Sport	Levels of Participation	Approximate Starting Date
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FALL SEASON

HBA/AOP/SF	Air Riflery	JV, Varsity; Boys & Girls	Late July
HBA	Bowling▲	JV and Varsity; Boys & Girls	Late July
HBA	Cross Country*▲	Intermediate, JV, Var; Boys & Girls	Late July
Pac-5	Football*▲	JV, Varsity, Intermediate	Late July
Pac-5	Boys Water Polo*	Intermediate, JV, Varsity	Late July
HBA	Girls Volleyball*▲	JV and Varsity	Late July
HBA	Girls Volleyball*▲	Intermediate	Early Aug
HBA	Boys Volleyball *▲	JV and Varsity	Early Aug
HBA	JV Tennis*▲	JV Boys and Girls	Mid Aug
Pac-5	Kayaking*▲	Varsity Boys & Girls	Early Aug
HBA	Volleyball*▲	Intermediate Boys & Girls	Mid Aug
HBA	Cheerleading*▲	Varsity	Aug

WINTER SEASON

HBA	Boys Basketball*▲	Intermediate, JV	Late Oct
HBA	Girls Basketball*▲	Intermediate, JV	Late Oct
Pac-5	Boys Soccer*▲	Intermediate, Varsity, JV	Early Nov
Pac-5	Girls Soccer*▲	Intermediate, Varsity, JV	Early Nov
HBA	Intermediate Tennis*▲	Intermediate Boys & Girls	Early Nov
Pac-5	Canoe Paddling*	JV and Varsity; Boys & Girls	Early Nov
HBA	Girls Basketball*▲	Varsity	Mid Nov
Pac-5	Swimming/Diving*▲	Intermediate, JV, Var; Boys & Girls	Mid Nov
Pac-5	Wrestling*▲	Intermediate, JV, Var; Boys & Girls	Mid Nov
HBA	Boys Basketball*▲	Varsity	Late Nov

SPRING SEASON

Pac-5	Softball*▲	Intermediate and Varsity Girls	Early Feb
HBA	Varsity Tennis*▲	Varsity Boys & Girls	Early Feb
Pac-5	Pac-5 Judo*▲	Intermediate, Varsity	Early Feb
Pac-5	Baseball*▲	Intermediate, JV, Varsity Boys	Early Feb
Pac-5	Girls Water Polo*▲	Intermediate, JV, Varsity	Early Feb
HBA	Boys Golf*▲	Intermediate, JV, Varsity	Feb
HBA/SHA/MS	Girls Golf*▲	Intermediate, JV, Varsity	Feb
Pac-5	Track*▲	Intermediate, JV, Varsity; Boys & Girls	Early Feb

*Aerobic activity: Brisk exercise which promotes circulation of oxygen through the blood.

▲ **Weight training:** Weight-lifting may be done as a training program for improving or maintaining overall fitness, strength, or endurance. (Not necessarily required for every level).