

SAINT MARY'S SCHOOL

August 2018

Dear Saint Mary's Families:

We hope this letter finds you and your family well. Throughout the last year or so the Athletics department has been looking at its PLUS program, designed to engage all students in various physical fitness activities.

At Saint Mary's we believe physical fitness is a critical part of a girl's total educational experience. We seek to provide a broad range of interscholastic activities in which all girls, grades 9 through 12 may participate.

After visiting other schools to learn more about their physical fitness practices and upon further reflection on our mission and values, we have developed a new fitness program to replace PLUS. We are calling this new after-school program **Triangle Fitness**, as it is designed to exercise the mind, body and spirit of participants. Triangle Fitness will meet Monday-Thursday from 3:45-4:45 p.m. Enrollment in this program will be on a seasonal basis.

Students are required to complete 10 seasons (starting in 2019-20) of the after-school fitness program. Girls may satisfy their activities requirements through participation on an athletic team, after-school dance, drama and/or musical performances. These seasonal modules will follow the sports/drama/musical seasonal calendar.

The following are the Triangle Fitness requirements for each grade level:

2018-19 School Year

9th Graders: All three (3) seasons
10th Graders: All three (3) seasons
11th Grader: Two (2) seasons
12th Graders: No requirements

2019-20 School Year and Beyond

9th Graders: All three (3) seasons
10th Graders: All three (3) seasons
11th graders: Two (2) seasons
12th Graders: Two (2) seasons

Policies

Triangle Fitness Credit Policy. To fulfill the graduation requirement, students entering in the ninth grade must complete 10 Triangle Fitness credits. The credits can be earned through participation in team sports, dance classes held after school, drama and/or musical performance.

Attendance

It is the expectation that each student attends every workout/class/rehearsal during that trimester to gain credit. For the physical fitness component of Triangle, as with athletics where the student-athletes are expected to be at every practice and game, the girls are also required to be present and develop the physical fitness component that helps recharge her brain, reduce stress, and increase health and wellness. Missed workouts will be considered an absence and may affect a student's eligibility to receive credit for that trimester.

Independent Credit

Students who participate in athletics at an elite level outside of Saint Mary's may be eligible to receive Triangle Fitness credit for their independent activities. Students interested in applying for

independent activity credit may pick up an application from the Athletics Office. The application process will be reviewed by the Director of Athletics and Dean of Students.

Members of our current coaching staff will provide programming for the athletic/fitness portion of the Triangle Fitness program. It is important to us to continue to develop consistency and build relationships with our students and using some of our current coach staff will allow for this. It seems like a natural fit for our students and coaches to engage in this new program.

Please feel free to reach out to Director of Athletics Robert Weltz if you have additional questions. We are looking forward to a great 2018-19 school year and excited about this new program.

Go Saints!

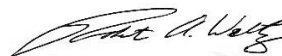
Best wishes,



Brendan O'Shea
Head of School



Tim Healy
Dean of Students



Robert Weltz
Director of Athletics