

**Clarion Area Junior-Senior High School**  
**2017 Summer Physical Education**

Students wishing to fulfill their Physical Education credit through a summer course must submit this form and the \$ 60 fee by Friday, March 31, 2017 to the counseling office.

**Make checks payable to Clarion Area School District.** Students must earn a passing grade to receive course credit.

**NAME** \_\_\_\_\_

**GRADE NEXT YEAR: 9 10 11 12**

Students have the option of fulfilling their PE credit through one of the following three courses. Check the appropriate course.

1. **SUMMER GYM** (regular physical education class) - Mr. Murtha

\_\_\_\_\_ **SECTION 1** – 7:00 - 9:00 AM - June 6 thru July 7 - Tuesdays, Thursdays, Fridays

\_\_\_\_\_ **SECTION 2** – 9:00 - 11:00 AM- June 6 thru July 7 - Tuesdays, Thursdays, Fridays

2. \_\_\_\_\_ **SPEED AND FUNCTIONAL POWER** (Football) *REQUIRES ADDITIONAL FEE*

Mondays and Wednesdays 7 am – 9 am, June 2 thru July 26, 2017.

Students have the opportunity to receive gym credit for this football training program ***ONLY*** IF THEY HAVE REGISTERED AND PAID \$60 FOR THE CLARION AREA CREDIT BY THE MARCH 31 DUE DATE.

3. \_\_\_\_\_ **PEAK PERFORMANCE** (Volleyball and Girls BB) *REQUIRES ADDITIONAL FEE*

Mondays, Wednesdays and Thursdays 9 am – 11am, June 5 thru August 3, 2017.

Students have the opportunity to receive gym credit for this volleyball and basketball training program ***ONLY*** IF THEY HAVE REGISTERED AND PAID \$60 FOR THE CLARION AREA CREDIT BY THE MARCH 31 DUE DATE.

# Summer Gym 2017

Summer Gym is back in 2017 to provide you with scheduling options for those entering grades 9-12 both academically and physically a more intense course is offered in blocks allowing students the ability to come in, work out, go home, shower and recover. Sport preparation partnerships are also available.

## Summer Gym- Taught by Mr. Murtha at Clarion Area High School

Section 1: Tuesday, Thursday and Friday 7:00 AM - 9:00 AM - June 6 thru Friday, July 7, 2017

Section 2: Tuesday, Thursday and Friday 9:00 AM - 11:00 AM - June 6 thru Friday, July 7, 2017

### Requirements

Mandated Hours: Students must complete 30 hours to receive credit. Up to 26 hours will be offered in class. Per section 4 of school code  $\frac{2}{3}$  of the hours (20) must be completed under the direct instruction of a Pennsylvania Certified Physical Education Teacher. **If you do not think you will be able to complete 20 in class hours due to your schedule, please DO NOT sign up!!**

Vacations/Makeups: Students who have a vacation scheduled during this time may attend a makeup day however, they **MUST COMPLETE 20 IN CLASS HOURS OF DIRECT INSTRUCTION!**

**All hours must be completed and logged into the daily fit log by August 1st to receive credit.**

**\*All students MUST complete a Fitness Assessment.**

**Please schedule with Mrs. Pennington and submit the \$60 course fee (payable to CASD) by March 31.**

## Other Cooperative Options to Receive PE Credit:

**\*REQUIRES PRE-REGISTRATION IN COUNSELING OFFICE  
and PAYMENT OF THE \$60 GYM CREDIT FEE\***

### Speed and Functional Power- (Football)

**Mondays and Wednesdays 7:00 AM to 9:00 AM June 2 thru July 26, 2017.**

Focus on football players. This program is offered through the YMCA at CHS using the expertise of Y Director Coach Jesse Kelly, former Strength & Conditioning Coach for the **National Champion Auburn Tigers**. Speed, agility, footwork, power, position specific work. Our focus will be INJURY PREVENTION FIRST and then performance enhancement. We need to continue to be one of the fastest and healthiest teams in D9 and the KSAC. *The program will begin on June 2nd to get a jump start and still get a full 8 weeks before Lycoming Camp.*

**\*\*\*ADDITIONAL FEE REQUIRED TO YMCA, FORMS AND PAYMENT THROUGH COACHES!**

### Peak Performance (Volleyball and Girls BB)

**Mondays, Wednesdays and Thursdays 9:00 AM to 11:00 AM June 5 thru August 3, 2017.**

This program is offered at the YMCA using the expertise of Y Director Coach Jesse Kelly. This is a holistic program focusing on strength, conditioning, injury prevention and performance enhancement for your particular sport.

**\*\*\*ADDITIONAL FEE REQUIRED TO YMCA, FORMS AND PAYMENT THROUGH COACHES!**

**Registration and PAYMENT for PE credit and mandated hours THAT ARE LOGGED INTO THE DAILY FIT LOG are consistent through all programs and options!**