

Clarion Area Junior-Senior High School
2018 Summer Physical Education

Students wishing to fulfill their Physical Education credit through a summer course must submit this form and the \$ 60 fee by **Thursday, March 29, 2018** to the counseling office.

*This program is offered on a first come first served basis with limited availability.
Sections may fill up prior to registration deadline.*

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 - May 29- June 22nd - Tuesdays, Thursdays, Fridays

_____ **SECTION 2** – 9:00 - 11:00 AM- May 29 thru June 22 - Tuesdays, Thursdays, Fridays

2. _____ **SPARQ** (Football)

Mondays and Wednesdays 7 am – 9 am, May 30th thru July 25, 2018.

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 29 DUE DATE.

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

Mondays, Wednesdays and Fridays 9am – 11am, June 4 thru August 2, 2018.

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 29 DUE DATE.

Summer Gym 2018

Summer Gym is back in 2018 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 - 9:00 AM Tues. May 29th thru Friday, June 22, 2018

Section 2: Tuesday, Thursday and Friday 9:00 - 11:00 AM - Tues May 29th thru Friday, June 22, 2018

Requirements

Mandated Hours: Students must complete 30 hours to receive credit. Up to 24 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 29. Registration is limited - Sign up ASAP! Registration WILL NOT be offered after the deadline due to scheduling of all courses and number of section.

Other Cooperative Options to Receive PE Credit:

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

SPARQ (Football)

Mondays and Wednesdays 7:00 AM to 9:00 AM May 30 thru July 25, 2018.

Focus on football players. Speed, agility, footwork, power, reaction, change of direction, strength, technical work, jump training, running form & analysis, video analysis. Our focus will be INJURY PREVENTION FIRST and then performance enhancement. We MUST continue to be one of the FASTEST and HEALTHIEST teams in D9 and the KSAC. *The program will begin on MAY 30th to get a jump start and still get a full 8 weeks to prepare for Lycoming Camp and the season.* This Program will be led by Coach Murtha and Coach McClaine.

Peak Performance (Volleyball and Girls BB)

Mondays, Wednesdays and Fridays 9:00 AM to 11:00 AM June 4 thru August 2, 2018.

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!