

Trinity Academy

Athletic Exemption Policy



Participation in Athletics is an integral part of Trinity Academy's classical liberal arts curriculum. Through competitive sports, our students gain an understanding and value of leadership, commitment, courage, and cooperation. Even individuals with physical limitations and/or injuries must fulfill their physical education requirement through serving as a team manager.

Students in grades 6-11 are required to participate in at least one sport during each school year and will receive a grade on their report card fulfilling their Physical Education requirement. Seniors are encouraged to continue participation in sports, but may choose between sports or an elective course (electives include a second fine art, yearbook, and digital photography), with the option to take both.

Otherwise, exemptions from participation in athletics are extremely rare. The Athletic Director and the Director of College Guidance will review exemption requests annually. Parents may initiate the review process by completing a "Sports Exemption Request Form" available in the Athletic Office and submitting it to the Athletic Director upon completion.

Exemptions will not carry over and must be applied for and approved on a year-to-year basis.

Exemption Guidelines (MUST meet ALL of the guidelines listed below):

- The sport in which the student is planning to participate is not offered at Trinity Academy of Raleigh and must be one that improves the students physical fitness level
- Student must complete 120 hours of training/practice/competition (travel is not included) under direct supervision of a coach between the first day and last day of the school year. This does not include practice time on their own
- Student must be working towards a competitive event (game, recital, match, performance, show)
- Must have signed permission from students coach agreeing to the Trinity Academy policies
- **Must turn in a monthly log to report all practice/training/competition hours**

Any student granted a Sports Exemption that does not fulfill their requirement of 120 hours would not receive credit for their Physical Education requirement at Trinity Academy.

Physical Education/Athletics Participation Exemption Request Form

Student Name: _____ School Year: _____

Parents Name(s): _____

Phone Number: _____

Parent Email(s): _____

Please state your extenuating circumstances and the reason for this request: _____

What is the sport you will be choosing? _____

How many years of participation in this sport? _____

What are the normal practice times? _____

What days per week and months during the year are involved? _____

Where do the practices/workouts take place? _____

Coach/Director Contact Information: _____

Your Coach/Director of your sport must be willing and able to submit a grade for your participation in his/her sport. ***A signed letter should be attached from the instructor/coach listing details of the student's activity. The letter should include a description of the activity, specific dates & times of student involvement, willingness to grade student's performance and any other pertinent information.***

Approved by:

Susan Dougherty
Trinity Academy
Director of College Guidance

Date

David Schenk
Trinity Academy
Director of Athletics

Date