

Trinity Academy

Athletic Exemption Policy

(Request Form Link below)



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 can fulfill their physical education requirement through serving as a team manager. *Manager applications can be found [here](#).*

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 to take 2 of the following 3 options – sport, elective, fine art.

Otherwise, exemptions from participation in athletics are rare. The Athletic Director and a College Counselor will review exemption requests annually. Parents may initiate the review process by completing the "Sports Exemption Request Form" linked below.

A student can qualify for an exemption under three circumstances:

1. By default: Trinity Academy does not offer the sport in our Athletic offerings and the student participates at a high level / length of time (i.e. hockey, gymnastics, etc.) **Number of hours required: 80**
2. By choice: A student plays at a high level, year-round program that does not allow availability for Trinity Academy practices and games. **Number of hours required: 80**
3. By circumstance: A student signs up for a Trinity Academy team and does not make the roster. That student may sign up to serve as a team manager, sign up for lessons or sign up for a recreation/city team to further develop that sport and that will count towards their Athletic Exemption.
*See guidelines below. **Number of hours required: 24**

NOTE: every sports season has a non-cut option. Fall (Cross Country); Winter (Swimming & Winter Track); Spring (Track & Field). A student will be allowed to transfer their signup to one of these teams should they not make the team roster of their original sport.

Exemptions will not carry over and must be applied for and approved on a year-to-year basis. This Exemption Request form is due at the beginning of the year or season. Your completed exemption hours log, along with your Coaches' signature are due MAY 15 of each school year.

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

- The sport must be one that improves the physical fitness level of the student.
- Student must complete the number of hours listed above. Hours include 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) or further developing skill in a sport (onsite lessons with instructor).
- Student must have signed permission from Coach agreeing to these Trinity Academy guidelines
- **Must turn in a monthly log at the completion of your season to report all practice/competition hours**

Any student granted a Sports Exemption that does not fulfill their requirement of 80 hours would not receive credit for their Physical Education requirement at Trinity Academy.

[EXEMPTION REQUEST FORM](#)

If you have extenuating circumstances you would like to discuss, please contact athletics@trinityacademy.com