

**ALAMO HEIGHTS JUNIOR SCHOOL**  
**PHYSICAL EDUCATION PROGRAM**  
**WAIVER INFORMATION**  
for Parents/Students

All Alamo Heights Junior School students are required to take three semesters of physical education during 7<sup>th</sup> & 8<sup>th</sup> grade. Activity programs offered by private or commercially sponsored entities, which prepare students for **Olympic level participation**/competitions and/or which concentrate on a school-sanctioned sport not offered in the school's physical education program, may be substituted for this requirement. It is anticipated that only a very limited number will qualify for this substitution. The requirements of such a program and the procedure for requesting a substitution are outlined below.

***\*\*ALL FORMS ARE DUE March 30<sup>th</sup>, THE SCHOOL YEAR BEFORE THE WAIVER IS BEING REQUESTED.***

Procedures

1. Submit a written request to the counseling office stating the reason for the substitution on the AHISD request for substitution form.
2. Entity providing program must be on the AHISD list of approved providers.
3. Only training/practice hours can be counted towards weekly minimums, competition/tournament hours are not counted.
4. Upon approval, the following conditions must be satisfied.
  - a. The student must maintain at least satisfactory performance in all academic classes and citizenship.
  - b. The program instructor will submit documentation of attendance and an evaluation of the student's performance at the end of each semester, to the student's counselor.

To qualify for a waiver from participation in a PE course, one of the following requirements must be met:

1. **LEVEL ONE ACTIVITY (applicable to 8<sup>th</sup> graders ONLY)**  
Olympic-level participation and/or competition include a minimum of 15 hours per week of highly intense, professional, supervised training. The entity providing the program services must be on the AHISD approved list. Students qualifying and participating at this level may be dismissed from school a maximum of one hour per day. Students dismissed may not miss any class other than physical education.
2. **LEVEL TWO ACTIVITY (applicable to 7<sup>th</sup> & 8<sup>th</sup> graders)**  
Participation and/or competition at this level include a minimum of 5 hours per week of intense, professional, supervised training. The entity providing the program services must be on the AHISD approved list. Students at this level may not be dismissed from any part of the school day but will take an additional elective in place of PE class.

**Students, return items listed above to your counselor in the AH Junior School office**