

Request for Flexibility 2017-18 Proposal



INSTRUCTIONS: Please write your responses in the boxes below.

SCHOOL NAME: Alpharetta High School

CONCEPT NAME: Waiver for Personal Fitness for Student-Athletes enrolled in Weight Training

STRATEGIC INITIATIVE(S): Student Achievement, People and Culture:
The strategic initiative targeted allows students greater choice in scheduling along with encouraging participation in courses which align with their extra-curricular commitments.

Concept Summary			
1) Describe the need/challenge that your school seeks to address and identify how this need/challenge is outlined in your school strategic plan.	<p>Students who are involved in Alpharetta athletics programs receive instruction and coaching in Personal Fitness-related concepts via a strength and conditioning program in a Weight Training class. To avoid duplicate learning, they should be able to earn the 0.5 credit for graduation requirements through enrolling in a Weight Training class. This would allow student-athletes more flexibility in their class scheduling.</p> <p>Our RFF request is asking that Alpharetta student-athletes who are enrolled in a Weight Training class be exempt from the 0.5 Personal Fitness credit required for graduation.</p>		
2) Describe the proposed concept, and explain how it addresses the need/challenge identified above.	<p>Student-athletes who participate in 2 consecutive seasons of a GHSA sport, and who are enrolled in a Weight Training class for at least 0.5 credits, shall be exempted from the 0.5 credit for Personal Fitness. Alpharetta High School’s Athletics Weight Training classes will adapt their curriculum to meet the content knowledge standards included in the Personal Fitness class.</p>		
3) Include any research or evidence that the concept will positively affect your school’s student population. If no research exists, please articulate the rationale for the likelihood of success of the concept, and describe your plans for risk mitigation.	<p>Alpharetta student-athletes are strongly encouraged to enroll in a Weight Training class. Alpharetta Athletics has garnered much attention and success on a local, state and national level over the years. Currently, 3 of our 5 Fall Sports have qualified for post-season play, and if we want to continue those achievements, we must place a high priority on strength training. As our school’s Mission Statement states, we strive to be “Nationally Competitive...in Athletics...”</p> <p>Please note: we are only asking for an exemption of students who enroll in a Weight Training course. Those students are still in a course that will teach them the benefits and techniques of a personalized fitness program. The curriculum will also better serve these students, as their program will be a purposeful and focused effort to help them succeed outside of the classroom as well.</p>		
4) Outline the expected results	Project Outcomes	Short-Term Goals	Long-Term Outcomes

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<p>in the columns to the right. Add additional rows as necessary.</p>	<p>AHS athletes will have the opportunity to enroll in a strength and conditioning program that is tailored to their specific needs as a student-athlete.</p>	<p>Schedule flexibility for student-athletes who wish to balance the academic, athletic and social aspects of their high school experience.</p> <p>Healthier and safer student-athletes.</p> <p>Continue to provide a Competitive Advantage for our student-athletes.</p>	<p>Develop more successful and well-rounded student athletes.</p> <p>Promote spirit and collaboration of student-athletes in a variety of settings.</p> <p>Generate more interest in athletics participation, and overall health and well-being of our school community.</p>
Waiver(s) Requested			
<p>5) List any waivers from state law, regulation, and/or rule required to implement the concept. (Facilitators will identify the specific laws, regulations, and/or rules requiring exemption.)</p>	<p>O.C.G.A. § 20-2-777(a) 160-4-2-.12 COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION PROGRAM PLAN. 2© , 2(g) ; SBOE 160-4-2-.48 HIGH SCHOOL GRADUATION REQUIREMENTS FOR STUDENTS ENROLLING IN THE NINTH GRADE FOR THE FIRST TIME IN THE 2008-09 SCHOOL YEAR AND SUBSEQUENT YEARS 5 (VI).</p>		
<p>6) List any flexibility from Fulton County Schools' policy required to implement the concept. (Facilitators will identify the specific Fulton County Schools policies requiring exemptions.)</p>	<p>IHF(8) - Clock Hours for Unit of Instruction and Personal Fitness Graduation Requirement</p> <p>Alpharetta seeks to modify the following provisions within this policy for student athletes as identified in section 1:</p> <ul style="list-style-type: none"> • Seat Time: "A unit of credit for graduation shall be awarded to students only for successful completion of state-approved courses of study based on a minimum of 150 clock hours of instruction provided during the regular school year, 135 clock hours of instruction in summer school." • Graduation Requirements: "One (1) Unit of Health and Physical Education defined by: Health -- .5 unit and Personal Fitness -- .5 unit." This requirement would be fulfilled through completing the requirements in this RFF 		
Impact on Students and Families, Personnel, Departments, Processes, and Schools			
<p>7) List any impact of the concept on the following:</p> <ul style="list-style-type: none"> ▪ Students and families; ▪ Personnel; 	<p>Students and Families:</p> <ul style="list-style-type: none"> • Students may choose to take an alternative elective course (Weight Training) that they may not otherwise have time for in their schedules. This Request for Flexibility acknowledges and provides 		

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<ul style="list-style-type: none"> ▪ The school schedule; ▪ Transportation; ▪ School nutrition; ▪ Teaching, learning, and assessment; ▪ Other schools; and ▪ Any other area not addressed above. 	<p>an alternative for those students committed to sports at Alpharetta HS. There may also be the added benefit of more students participating in such programs.</p> <p>School Schedule:</p> <ul style="list-style-type: none"> • This waiver would enable the school to offer additional single semester course offerings and could positively impact the Personal Fitness class sizes. <p>Athletics:</p> <ul style="list-style-type: none"> • This waiver will promote strength training and development for student-athletes across the board, and place a high standard on athlete development and competition.
Budget	
<p>8) In the space to the right, please identify, to the extent possible, how you plan to modify your school budget to cover additional costs. If applicable, identify external funding sources. Please use the budget template on the next page to provide the estimated costs of the proposed concept.</p>	<p>There is no effect on the school's budget.</p>