

SPORTS and PE @ ST. STEPHEN'S

2016-2017

WHAT IS THE SPORTS REQUIREMENT?

EACH YEAR: 26 CREDITS
EACH SEMESTER: 13 CREDITS
EACH WEEK: 1 CREDIT

(1 HOUR OF PRACTICE = 1 CREDIT)

THIS IS THE MINIMUM REQUIREMENT. IT APPLIES TO ALL STUDENTS.

Frequently Asked Questions

Q: Can I attend 2 or 3 practices one week and then 0 practices the following week?

A: No. You must attend the same sport at least once every week.

Q: I am a 9th/10th grader and take PE. Do I still need to do a sport once per week?

A: Yes. All students must attend an afterschool sport.

Q: Can I be exempted from sports if I attend a sport outside of school?

A: Yes. You must bring in an official letter from your club/coach by September 15. Also, at the end of each semester, your association/coach must sign the St. Stephen's evaluation form to show the total hours you completed.

Q: I am a 9th/10th grader and do sports 3 times per week. Do I still need to take PE?

A: Yes. PE is a requirement for all 9th and 10th grade students.

Q: I am a 9th/10th grader and have 0 free periods. Do I need to take PE?

A: No. In this case, you are exempt because PE will not fit into your schedule.

Q: How do I join the sports teams at tournaments, on trips, and in games?

A: You must show serious interest and consistent dedication in your sport in order to play in any competitions. Ultimately this decision is up to the coach.

Q: Am I allowed to attend practices at multiple sports each week?

A: Yes. It is required that you pick one sport that you attend each and every week, but you may choose to attend practices at other sports as well.

Q: Can I show up in jeans or sandals at my sports practice or in PE?

A: No! Your coaches will not give you credit if you are unprepared to practice. Make sure you change into the appropriate clothes for the sport you choose.

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