

SPORTS/PE@ ST. STEPHEN'S

2015-2016

Frequently Asked Questions

Q: Is it true that there is a new sports requirement for this year?

A: YES! All students must participate in a sport, at least one hour per week.

Q: How many hours of sports credits do I need?

A: 13 or more each semester; at least 26 total for the year. (1 hour = 1 credit)

Q: Can I attend 3 practices one week and then 0 practices the next week?

A: NO! You must attend your 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! This is a change from the past. All students must sign up for a sport.

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 9/10th grader, I take 7 classes, and I have 0 free blocks. Do I need to take PE?

A: No, you are exempt. This is the only way to be exempted from PE (unless it is for medical reasons). You still need to reach 13 sports credits.

Q: I am a senior and I'm taking the IB. Surely, I don't need to do sports, or do I?

A: Yes, you do! The sports requirement applies to all students.

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.

If you still have questions about the Sports Program or PE, please email or talk to Fausto Di Marco or Ben Ostrow. We are happy to answer your questions.

Fausto Di Marco
(Athletic Director)

Ben Ostrow
(Assistant Athletic Director)