

OPTION II GUIDELINES

Option II is a full year program (September through June). It is for the talented and gifted physical education student who pursues a sport or activity at the competitive level outside of WHRHS. The student must meet the following WHRHS requirements to be eligible:

1. The student must be enrolled in an out-of-school sport or activity that is highly competitive. It must meet or exceed the curricular expectations of a WHRHS sport or activity.
2. The sport or activity must begin in September and end in June.
OPTION II is a full school year program. If the sport or activity starts later than September or ends earlier than June, Option II is not a possibility. (See OPT OUT. Volleyball and Soccer may be the exception.)
3. The student can only have one study hall in schedule to participate in OPTION II. Regularly scheduled study hall refers to one per day.
4. The sport or activity must meet the minimum requirement of 150 minutes of Physical Education per week (M-F)
 - a. The coach/trainer will verify that the student was active for at least 150 minutes each week at the end of each monthly cycle.

- b. Shortened school weeks do not alter the 150-minute weekly requirement.
 - c. When school is closed for an entire week, students are not responsible for fulfilling Option II obligations.
- 5. The coach/trainer will verify that the student has met the requirements for OPTION II and inform WHRHS. This information must come from the coach/trainer. The student cannot supply this information on behalf of the coach/trainer.
- 6. Students must report extended absences from the Option II sport/activity as they occur via email to bcommerford@whrhs.org.
- 7. Grading
 - a. Students will receive the grade of P (pass) if all requirements are met.
 - b. Students will receive the grade of NC (no credit) if the requirements are not met.
 - c. Any documentation that has been forged, plagiarized, or cannot be verified by the coach/trainer will result in the grade of NC (no credit).
 - d. Failure of the coach/trainer to verify a student's participation in the sport/activity will result in the grade of NC (no credit).

8. Coach/Trainer

The coach/trainer will receive an email asking them to accept the requirements for OPTION II on behalf of the student. Once the coach/trainer has responded affirmatively to our request, we will finalize the OPTION II process for the student.

9. While the application is processing, the student must continue to attend regularly scheduled PE class. Once the application is approved, the guidance counselor will contact the student with an updated schedule.

A NOTE TO FRESHMEN STUDENTS: If you participate in an after-school sport/activity and are interested in OPTION II, you must complete the application form through our Genesis Parent Portal by Friday, September 15, 2023. Freshmen students begin the year in Health 9, not PE. Students cannot opt out of health. Once health is over, all freshmen who have been approved for OPTION II will transition to a study hall in lieu of PE class for the remainder of the year. Your guidance counselor will contact you with your schedule update.

For further information contact:

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