

OPTION II REQUIREMENTS

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 the WHRHS PE programs.
2. The student must commit to a singular sport for the year. A student cannot change sports and continue in OPTION II.
3. The sport or activity must begin in September and end in June. OPTION II is a full year program. If the sport or activity starts later than September or ends earlier than June, Option II is not a possibility. (See SPORTS-STUDY. Volleyball and soccer may be the exception.)
4. The student can only have one study hall and participate in OPTION II. Regularly scheduled study hall refers to one per day.
5. The sport or activity must meet the minimum requirement of 150 minutes of physical education per week (M-F).
 - a. A shortened school week does not alter the 150-minute weekly requirement.
 - b. When school is closed for an entire week, students are not responsible for fulfilling Option II obligations.

6. 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).
- e. If a student no longer participates in the OPTION II sport/activity before the end of semester I or II, the student will be required to complete an online PE course to pass for the year. Registration and fees may apply.

Sponsoring Coach/Trainer:

7. The coach/trainer will receive an email in September asking them to agree to the OPTION II requirements. Once an affirmative response has been submitted, we will finalize the OPTION II process for the student. Coaches have two weeks to respond to our request for sponsorship.
8. The coach/trainer will verify that the student was active for at least 150 minutes each week at the end of each semester (January and May). The verification must come from the sponsoring coach and from the email address used to accept sponsorship. If we do not receive a timely response from the coach/trainer, the student will receive the grade of NC (No Credit) in PE.

9. Please put our email address in your contacts. If you do not, our email will go to the spam/junk folder and delay the process. This may mean the student receives No Credit for PE.

Student Applicants:

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

11. In the event a student changes clubs (not activity) or sponsoring coach, the student must email Mr. Commerford (bcommerford@whrhs.org) with the updated details of the new club/coach within four calendar days. The details include:

- Name of club
- Coach's full name
- Coach's phone number
- Coach's email address
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12. The OPTION II process can be lengthy depending on when the coach/trainer responds to our email. Be patient. Make sure you have provided us with the correct email in your application via Parent Portal. We receive hundreds of applications for OPTION II each year. We cannot respond to requests to verify if we have received an email from your coach. Reach out to your coach to make sure s/he has completed their part of the process. Our emails often go to their spam/junk folder. Ask them to put us in their contact list.

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 the specified deadline. Freshmen students begin the year in Health 1, not PE. Health is a graduation requirement. 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 updated schedule. Late applications for OPTION II will not be accepted.

For further information contact:

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