



## 2020-2021 Triangle Fitness

Physical fitness is a part of the total educational experience here at Saint Mary's School. Saint Mary's seeks to provide a broad range of interscholastic activities for all girls in grades 9 through 12, which align with the school's values and belief in the worth and dignity of each person.

In keeping with our mission, our after-school program named Triangle Fitness (reflecting the care of spirit, mind, and body) takes place Monday-Thursday from 4-5 p.m., with an advanced track from 5-6 p.m. This program operates on a trimester calendar. The following are the expectations for students:

### 2020-2021 School Year

- 9<sup>th</sup> graders: Three (3) trimesters
- 10<sup>th</sup> graders: Three (3) trimesters
- 11<sup>th</sup> graders: Two (2) trimesters
- 12<sup>th</sup> graders: Two (2) trimesters

Students are required to complete 10 trimesters of the after-school fitness program. They may satisfy their activity requirements through participation on an athletic team, dance class, drama, and/or musical performance. These trimester modules follow the same calendar as the sports/performing arts dates.

It is the expectation that each student attends every workout during that trimester to gain credit. Like athletics, where the student-athletes are expected to be at all practices and games, Students are also asked to be present and develop the physical fitness component that helps reduce stress and anxiety, and recharges the brain for the academic course load at Saint Mary's. Missed workouts will be considered an absence and may affect a student's eligibility for receiving credit for the particular trimester.

Students who participate in athletics at an elite level may be eligible to receive athletic credit for their independent activities. Students interested in applying for independent activity credit may pick up an application from the Director of Athletics office. The application process will be reviewed by the Director of Athletics and Dean of Students.

Some members of our current coaching staff be Triangle Fitness instructors, which provides an important and valuable opportunity for developing consistency and building relationships with our students.



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### **FALL 2020-2021 TRIANGLE FITNESS DESCRIPTIONS**

*Triangle Fitness tracks meet Monday-Thursday from 4-5 p.m., with an advanced track from 5-6 p.m. Meeting days for specific tracks will be provided after students have all signed up to allow for planning that adheres to the school's health and safety protocols.*

**FITNESS & FUN:** Fitness & Fun will focus on learning the proper form and other fundamentals of a well-rounded fitness routine. For those who play a sport during other seasons, there will be some sports-specific training to help you prepare for the upcoming season. For those who are new to fitness, we will create a fun routine to get you moving and enjoying exercise. Instructor: Coach Johnson.

**SWIMMING:** This Triangle Fitness track will take participants to the pool for a focus on swimming technique, endurance, and race skills. We will work on developing all strokes through traditional swim practice and engage in other water activities (i.e. water aerobics, cross-pool, water polo, etc.). Instructor: Coach Reddy.

**YOGA:** Designed to inspire participants to move and develop their best self, this track focuses on Pilates and Mbala practices to help students center as they develop fitness, flexibility, and focus. Instructor: Blackbox Dance Theatre Company members.

**MINDFUL ME GROUP:** This group will focus on self-compassion and specifically aims to improve insight, calming tools, listening and empathy skills, and self-love. Instructors: Groups facilitated by Saint Mary's school counselors: Tuesdays, 4-5 p.m. (Aisha Burton facilitator) and Wednesdays, 4-5 p.m. (Meredith Ball facilitator).