



## 2022-23 Triangle Fitness

Physical Fitness is a part of the total educational experience here at Saint Mary's. Saint Mary's seeks to provide a broad opportunity of interscholastic activities for female students in grades 9 through 12, which will support the school's values and belief in the worth and dignity of each person.

In staying with our mission, the after-school program named Triangle Fitness (spirit, mind, and body) will take place on Monday-Thursday from 3:45-4:45pm, with an advanced track from 4:45-5:45pm. The enrollment into this program will be on a trimester calendar. The following are the expectations for the girls:

### 2022-2023 School Year

9<sup>th</sup> graders- All three (3) trimesters

10<sup>th</sup> graders- Two (2) trimesters

11<sup>th</sup> graders- One (1) trimesters

12<sup>th</sup> graders – Zero (0) trimesters

Students are required to complete 6 trimesters of the after-school fitness program. The girls may satisfy their activities requirements through participation on an athletic team, dance class, drama, and musical performance. These trimester modules will follow the same calendar of the sports/drama/musical start dates.

To fulfill the graduation requirement, students entering in the ninth grade must complete 6 activity credits. The athletic credits can be earned through participation in team sports, dance classes held after school, drama, and musical performance.

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, the girls are also being asked to be present and develop the physical fitness component that helps reduce stress and anxiety as well as recharges the brain from the academic course load here 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 Assistant Head of School.

We will be having some members of our current coaching staff be the Triangle Fitness Instructors. It is very important to us to be able to provide an opportunity for developing consistency and building relationships with our students.