

**Trinity Lutheran High School
Alternative Supervised Physical Education
(ASPE)**

Fall	Winter	Spring	Summer
All Fall IHSAA Sports	All Winter IHSAA Sports	All Spring IHSAA Sports	Summer Participation
Due by November 1st	Due by March 1st	Due by the last day of school year	Participation hours due first day of school

Trinity Lutheran High School students may earn a physical education credit through an alternative supervised program (ASPE) during the fall, winter, or spring sessions. ASPE does count toward minimum course load requirements and IHSAA eligibility.

- 1) ASPE has been approved ONLY for the following activities:
 - a) All IHSAA School Sponsored sports
 - b) Cheerleading
 - c) Summer participation in an activity sponsored by Trinity, pre-approved by the principal, with supervision conducted by an employee of Trinity Lutheran High School.
- 2) The application for ASPE I is available from the office or through the TLHS website. The application must first be pre-approved by the principal and then the remainder of the application is then completed following the activity, with signatures collected from the student, parent, counselor, and coach/instructor. No hours may be counted until the application is approved.
- 3) If your sport does not meet the requirements of sixty (60) hours, then it may be combined with another sport within the academic school year.
- 4) Students may earn a maximum of two (2) credits for ASPE (9th grade Physical Education I and II).
- 5) To receive a credit, the student must participate in a sport and receive sixty (60) hours of direct instruction from his/her coaches or instructors. The total sixty (60) hours and application must be completed and submitted to the office by the due dates listed above.
- 6) All students who complete the sixty (60) hours of direct instruction and complete the application will receive an 'A' for the physical education course and the grade will be issued by a licensed Physical Education teacher. Students must apply for each credit. Students will be limited to one (1) credit per sport season. Credit will be issued at the end of the semester.
- 7) Summer participation hours in a school sponsored sport under the direct supervision of a coach may be combined with another sport within the following school year to obtain the one (1) credit.
- 8) Failure to provide the proper documentation, failure to meet the indicated deadlines, or participation in an activity/sport different from what was approved will result in no credit being issued.
- 9) Team managers cannot receive participation hours.

Activity Pre-Approval (Must be signed by principal before hours may count toward credit):

Name: _____ Sport: _____

Principal Signature: _____ Date: _____

Application Directions:

Student must complete the activity log and submit it with this form and to the guidance counselor no later than listed deadline for the season with all completed signatures.

THIS SECTION TO BE COMPLETED BY THE STUDENT AND PARENT

NAME _____ DATE OF BIRTH _____ GRADE _____

ACTIVITY/SPORT _____

TO THE STUDENT:

I have participated in an alternative supervised physical education class and met the sixty (60) hours of contact time.

Student Signature _____ Date: _____

TO THE PARENT/GUARDIAN:

My son/daughter participated in an alternative supervised physical education class and met the sixty (60) hours of contact time.

Parent Signature: _____ Date: _____

THIS SECTION TO BE COMPLETED BY THE COACH/INSTRUCTOR

The student participated in an alternative supervised physical education class and met the sixty (60) hours of contact time. I understand there is no additional compensation from Trinity Lutheran High School for assuming the responsibility.

Name of Coach/Instructor: _____

Signature of Coach/Instructor: _____ Date: _____

Name of certified P.E. Instructor: _____

Signature of certified P.E. Instructor: _____ Date: _____

THIS SECTION TO BE COMPLETED BY THE GUIDANCE COUNSELOR

I approve of this student's participation in the Alternative Supervised Physical Education program. The student will receive one P.E. credit.

Circle One: P.E. I P.E. II

Counselor Signature: _____ Date: _____
