Dear Parents and Student Athletes,

Capistrano Unified School District is happy to offer the Independent Physical Education (IPE) program for secondary students. Independent Physical Education is an option for students who compete in an individual sport to an exceptional degree. The student must be a nationally ranked athlete, or equivalent, performing or competing at a nationally recognized level. Team sport participation does not qualify for Independent Physical Education.

During the course of the 2006-07 school year, a team of school administrators, teachers, and parents updated the guidelines for the program. Student athletes and coaches were also involved in this process and the national associations of a variety of sports were consulted.

The fundamental principles of the program remain unchanged. Independent Physical Education is intended for student athletes who compete in individual sports at a very high level where a national ranking, or equivalent, has been attained.

We have updated the guidelines for the Independent Physical Education program for the 2011-12 school year. The qualification criteria for some sports have been modified to reflect current practices in those sports. We have also updated application forms. Some key changes include:

1. Students must maintain a 2.0 GPA to participate in the program, have regular school attendance, and display satisfactory behavior in the classroom and on campus.
2. All secondary students must submit an application for Independent Physical Education each semester (twice each school year), no later than three weeks prior to the start of the semester.
3. Coaches must verify student ranking, practice schedule, and competition schedule.

Thank you for your interest in this program.

Sincerely,

Major Sanford
Assistant Principal
Newhart Middle School
CAPISTRANO UNIFIED SCHOOL DISTRICT
San Juan Capistrano, California

QUALIFICATIONS FOR PLACEMENT IN
INDEPENDENT PHYSICAL EDUCATION
MIDDLE SCHOOL

Independent Physical Education (IPE) is an option for students in good academic standing who compete in an individual sport to an exceptional level of competition. The student must be a nationally ranked athlete, or equivalent, performing or competing at a nationally recognized level (see below for criteria for different sports). Team sport participation does not qualify for Independent Physical Education.

Students must present an IPE application and supporting documentation to the school site three weeks prior to the beginning of the semester in which IPE is requested. This documentation will be reviewed by the designated site administrator to determine the eligibility of the student. It is the responsibility of the student to provide appropriate documentation. This documentation must include:

- Level of Competition
- Confirmation of Ranking
- Schedule of Competition
- Required Supervised Hours of Practice
- Coach Affidavit
- A website where ranking can be verified

SPORT QUALIFICATIONS

<table>
<thead>
<tr>
<th>Individual Dance Performance</th>
<th>Evidence of enrollment in Level 4/5 classes or equivalent highest ranked level and</th>
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<td></td>
<td>Evidence of national ranking in solo competition OR</td>
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<td></td>
<td>Verification of lead or principle role in major production (non-secetal) within</td>
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<tr>
<td></td>
<td>the application timeframe.</td>
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<td></td>
<td>Participation in Dance/cheer teams is not a qualifying criteria for IPE</td>
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</table>

| Diving                      | Student participates in National Championship events. These events may include the |
|-----------------------------| USA Diving Spring National Championships, the Spring Junior West National |
|                             | Championships, the Junior National Diving Championships, and the National Diving |
|                             | Championships. www.usadiving.org |

| Equestrian                 | Must qualify for United States Equestrian Federation events and meet all |
|-----------------------------| membership and point requirements for each discipline entered, www.asef.org |

| Gymnastics                 | The student competes at USA Gymnastics Level 8-10 or Elite for gymnastics, and |
|-----------------------------| Level 10 or Elite for tumbling and trampoline, at Western Regional or National meet |
|                             | competitions. www.usa-gymnastics.org |

<p>| Golf                        | The student is: |
|-----------------------------| ranked in the top 125 by the American Junior Golf Association, or |
|                             | ranked in the top 15 by the Southern California Golf Association or |
|                             | qualifies for the USGA Amateur Championship, |
|                             | or |
|                             | qualifies for the USGA Open Sectional Qualifier. <a href="http://www.usga.org">www.usga.org</a> |</p>
<table>
<thead>
<tr>
<th>Ice Skating</th>
<th>The student competes at the juvenile level at the Regional level or higher as determined by U.S. Figure Skating. <a href="http://www.usfsa.org">www.usfsa.org</a></th>
</tr>
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<tbody>
<tr>
<td>Surfing</td>
<td>Only students invited to compete in the WSA Prime and/or the NSSA Open are eligible. Please note that students surfing in ISF (Interscholastic Surfing Federation), NSSA State and National Finals, WSA, and any other competitive venue for surfing are not eligible for IPE. Competing in these venues does not qualify a student to receive an invitation to try out for the USA Surf Team.</td>
</tr>
<tr>
<td>Swimming</td>
<td>The student competes individually, not as a relay member, at Junior Olympic level with AA or higher ranking. <a href="http://www.usaswimming.org">www.usaswimming.org</a></td>
</tr>
<tr>
<td>Tennis</td>
<td>The student must be ranked in the top 100 in Southern California as a singles player in his/her age division. Rankings are determined by the United States Tennis Association. <a href="http://www.usta.com">www.usta.com</a></td>
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CAPISTRANO UNIFIED SCHOOL DISTRICT
GUIDELINES FOR INDEPENDENT PHYSICAL EDUCATION (IPE)
MIDDLE SCHOOL

I. GENERAL INFORMATION
Independent Physical Education (IPE) is an option for students who compete in an individual sport to an exceptional degree of competition. The student must be a nationally ranked athlete, or equivalent, performing or competing at a nationally recognized level (see guidelines for sports). In many cases, middle school students are often aspiring to this level and may not reach it until high school. **Team sport participation does not qualify for Independent Physical Education.**

A student cannot be placed or scheduled into Independent Physical Education unless he/she has submitted a completed application and been approved **prior** to the start of the semester. Therefore, **Independent Physical Education applications must be submitted at least 3 weeks prior to each semester.**

For consideration, a complete Independent Physical Education application must include **ALL** of the following at the time of submission:

A. Middle School Independent Physical Education Application
B. Brief one-page Instructor/Coach Resume outlining experience, qualifications, awards, etc.
C. Coach Affidavit from instructor/coach verifying competition and practice schedule
D. Practice Schedule in weekly increments for the semester of application
E. Competition/performance Schedule for the semester of application
F. Verification of Ranking or Level of Competition/performance by sanctioned independent ranking organization for the specific sport/activity.

*Incomplete application packets cannot be considered for approval.

II. GUIDELINES FOR INDEPENDENT PHYSICAL EDUCATION (IPE)

1. The student must provide a current and verifiable rank of national or equivalent level, or must provide evidence of individual competition/performance at an exceptional level, generally equivalent to a national level. See **Qualifications for Placement in Independent Physical Education, Middle School** document for guidelines for individual sports.
2. Applications for IPE must be submitted each semester. Completed applications must be received three weeks prior to the start of the semester in which IPE is requested.
3. Requests for IPE must be approved by the middle school principal or designee.
4. Students requesting placement in IPE may first be enrolled in a physical education class. The student is to continue to attend and participate in that class until the IPE application has been approved and a transfer of classes has been completed.
5. IPE is to be taken in addition to five (5) on-campus classes.
6. The IPE course must be a regularly scheduled instructional activity meeting each week during the semester under the ongoing supervision of a qualified instructor. Student must compete each semester.
7. A grade for Independent Physical Education assigned by a qualified instructor must be submitted to an academic advisor by the last week of each quarter. Failure to do so will result in the assignment of an F grade for that reporting period. It is the student's responsibility to provide the instructor with these forms and to submit completed grade forms to the academic advisor.
8. Students must maintain a satisfactory academic status with a minimum 2.0 G.P.A., and have regular attendance, and satisfactory campus and classroom behavior.
9. If an athlete cannot actively participate in IPE for more than ten consecutive days because of injury or some other reason, he/she must notify an academic advisor to re-enroll in physical education, modified if necessary, on campus.

We have read, fully understand, and will abide by the guidelines for Independent Physical Education.

Parent Signature ___________________ Student Signature ___________________ Date __________
100107 E-27 Rev. 04/07
CAPISTRANO UNIFIED SCHOOL DISTRICT  
San Juan Capistrano, California

MIDDLE SCHOOL APPLICATION FOR INDEPENDENT PHYSICAL EDUCATION

Student Name ___________________________  Date ___________________________

School ___________________________  Grade ___________________________

Independent PE Activity/Sport ___________________________  Place of Activity ___________________________

Level/Ranking (#1 of IPE Guidelines) ___________________________ (Verification, including website, is attached)

Instructor Name, Address, Phone Number, and Email:

________________________________________________________________________

________________________________________________________________________

Qualifications of Instructor (Resume also required):

________________________________________________________________________

________________________________________________________________________

Objectives of Sports Program (What are the goals for the student?):

________________________________________________________________________

________________________________________________________________________

Course of Study (How do you expect to achieve learning goals for the student?):

________________________________________________________________________

________________________________________________________________________

Grades are to be submitted to an academic advisor at the school in the last week of each quarter (#7 of IPE Guidelines).

Parent Signature ___________________________  Date ___________________________

Assistant Principal Signature ___________________________  Date ___________________________

Recommended  Yes  No
CAPISTRANO UNIFIED SCHOOL DISTRICT
San Juan Capistrano, California

APPLICATION FOR INDEPENDENT PHYSICAL EDUCATION

Coach Affidavit

Coach/Instructor Name ____________________________ Club/Organization ____________________________

Student Name ____________________________ Date ____________________________

School ____________________________ Grade ____________________________

Independent PE Activity/Sport ____________________________ Place of Activity ____________________________

Level/Ranking (#1 of IPE Guidelines) ____________________________

Practice Schedule: Describe or attach practice schedule here.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Please attach competition/performance schedule.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

I verify that ____________________________ (student name) is currently ranked as noted above
and adheres to the practice schedule described above.

Coach/Instructor Signature ____________________________ Date ____________________________

________________________________________________________________________

100115 Revised 04/07
CAPISTRANO UNIFIED SCHOOL DISTRICT  
San Juan Capistrano, California  

INDEPENDENT PHYSICAL EDUCATION MIDDLE SCHOOL  
GRADE REPORT  

The Guidelines for Independent Physical Education (IPE) Middle School, II. 7. states: A grade for Independent Physical Education assigned by a qualified instructor must be submitted to an academic advisor by the last week of each quarter. Failure to do so will result in the assignment of an F grade for that reporting period.

Coaches, in accordance with this requirement, please submit a grade for the student athlete on this form.

Student Name ___________________________ Date ___________________________

School ___________________________ Grade Level ___________________________

Independent PE Activity/Sport ___________________________

Grade Deadline ___________________________

Grading Period  
1st Quarter  2nd Quarter  3rd Quarter  4th Quarter  (circle one)

Grade for this Reporting Period: ________ (use grade scale A, B, C, D, F)

For Citizenship, Work Habits, and Absences, please use the following scale:

O = Outstanding; S = Satisfactory; N = Needs improvement; U = Unsatisfactory

Citizenship for this Reporting Period: ________

Work Habits for this reporting period: ________

Absences: ________

How was the student’s grade determined?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Instructor’s Name ___________________________

Instructor’s Signature ___________________________ Date ___________

Parent’s Signature ___________________________ Date ___________

PLEASE ATTACH A COPY OF EACH ENTRY FORM AND RESULTS FOR VERIFICATION OF COMPETITION OR PERFORMANCE.