



Shenendehowa High School

Christopher Culnan, Director
Athletics & Physical Education

970 Route 146
Clifton Park, NY 12065-3688
Telephone (518) 881-0390
Fax (518) 881-0399
Email: culnchri@shenet.org

Parents of Shenendehowa Middle School Students,

As you are aware, all students in grades six through eight will be participating in four weeks of aquatic instruction during their regularly scheduled Physical Education class. The goals of the Aquatic Program are to:

- Enhance each student's swimming proficiency and confidence in the water
- Instruct students to effectively react during an emergency situation
- Obtain knowledge in various aquatic activities
- Have fun

Your child will be required to bring the following to each class:

- An adequate bathing suit. Cut-off shorts are not acceptable. Girls must wear one-piece bathing suits. Suits deemed unacceptable or unsafe by the Physical Education teacher are not permitted.
- A clean towel.
- A plastic bag to transport wet clothing/towels EACH DAY!!
- Shower shoes are recommended.
- Personal Soap/Shampoo is recommended.
- White tee shirts may be worn in the pool as long as they do not interfere with student safety.
- Swim caps and goggles are permitted but are not required. Long hair must be tied back or in a cap.

GENERAL INFORMATION:

- Students will be required to adhere to all pool rules at all times.
- All classes will be homogeneously grouped, meaning only girls will use the pool at one time or vice-versa.
- All students will be water-tested the first day of the aquatic unit to determine skill level and will be required to stay in their assigned area unless otherwise directed by their teacher.
- Lockers will be provided to all students ONLY during their scheduled pool time. All belongings, including locks, are to be taken home at the completion of each swim lesson. Any locks and/or belongings left at the end of each day will be removed.
- Both locker rooms will be utilized to provide students with more changing areas, showers, dryers, toilets, etc.
- Personal hair-dryers are NOT permitted. Hand-mounted drying units are available.
- A certified American Red Cross lifeguard will be on duty at all times during pool hours.

GRADING:

- Physical Education grades are based on participation.
- Students will be expected to participate in each class.

CLASS SCHEDULE, EXEMPTIONS, EXCUSES

- Using a 40 minute period, students will be allowed 5 minutes to change into their bathing suits, shower and report to the pool deck. There will be 27 minutes of instruction and students will be given 8 minutes to change at the end of class.
- If there is a medical reason for a child to be excused from swimming class, the student must bring a note to their nurse stating the reason for non-participation.
- Since this is a participation class, students will be required to make up missed aquatic classes either during the school day, before school during intramurals or if there is additional pool time during their designated physical education class. This make-up **MUST** occur in the pool, not in a regular PE class in the gymnasium. See physical education teacher to make arrangements.

On behalf of the physical education staff, I want thank you in advance for your cooperation and support. If you have any questions or concerns, please contact me or your child's physical education teacher.

Sincerely,

Christopher Culnan
Director of Physical Education and Athletics

cc: Dr. Oliver Robinson, Superintendent
Middle School Principals
Middle School Physical Education Teachers