



**San Dieguito Union High School District
Independent Study Physical Education (ISPE) Application Packet**

The following items must be completed and provided to submit an ISPE Application.
The completed application must be submitted by the deadlines stated in this form and on our website.
Please visit the SDUHSD website for ISPE information & FAQs.

APPLICATION CHECKLIST

STUDENT NAME: _____ **STUDENT ID NUMBER:** _____

SCHOOL SITE 2024-2025 School Year: _____ **GRADE 2024-2025 School Year:** _____

SPORT/ACTIVITY: _____

STUDENT AND PARENT FORMS

- Signed Course Requirements and Expectations - Form A (Student/Parent)
- Signed ISPE contract - Form B (Student/Parent)
- Release to Participate - Form C (Parent)
- Student Objectives - Form D (Student/Parent)

REQUIRED ATTACHMENTS

- Athlete Documentation** - Documentation demonstrating advanced pre-Olympic rank or advanced pre-professional rank/level
- Competition Schedule** - Documents to show upcoming regional, state, or national competitions that the athlete is/will be participating in within each semester
- Official Training Schedule** - Documents to show current practice/training schedule. The weekly schedule must include days, times & duration, instructor's name & contact information.
- Coach Packet** - Completed coach forms must be attached along with the required coach certifications:
 - a. [NFHS Fundamentals of Coaching Certification](#) - SDUHSD requires NFHS Fundamentals of Coaching Certification for all off-campus coaches; however, SDUHSD is open to evaluating other forms of coaching certification for the 24-25 school year that meet or exceed NFHS standards and requirements. SDUHSD will continue to work directly with coaches on the evaluation of other forms of coaching certification submitted.
 - b. CPR/First Aid Certification - Certification expires every two years. Attached documents must be current.
 - c. Liability Insurance Coverage of up to \$1,000,000 with "San Dieguito Union High School District" listed as the certificate holder. Proof of insurance must be current and is the responsibility of the coach to resubmit upon expiration.

Dear Parents/Guardians:

Thank you for your interest in the Independent Study Physical Education (ISPE) program.

SDUHSD supports and values after-school activities and encourages student participation in extra-curricular areas of interest. However, these outside sports do not take the place of [SDUHSD physical education courses](#) following the K-12 California State Standards in Physical Education while offering an introduction to diverse sporting activities in the context of a cooperative environment. Students are encouraged to participate in the SDUHSD on-campus physical education program in middle and high school.

While our primary recommendation is that all students participate in the district physical education program, SDUHSD offers an Independent Study Physical Education (ISPE) program for high-ranking athletes who compete as an individual at the regional, state, or national levels in specified sports.

An independent study course requires personal accountability and maturity. Students in ISPE will be responsible for fulfilling the requirements of the ISPE Contract, which includes completion of all workout logs and the submission of all reports. Details of all requirements are contained in this packet.

Please understand that due to the independent nature of this program, a large component of a student's grade (pass/fail) is earned based upon the accomplishment of their agreed-upon objectives and communication of this information to the ISPE Coordinator in a timely fashion.

SDUHSD ISPE 2024 TIMELINE	
SDUHSD ISPE Application Opens	Monday, February 12, 2024 @ 8:00 am
SDUHSD Application Submission	Virtual Application (Preferred) Virtual applications will be submitted via Informed K-12. Hard-Copy Applications (As Needed) Hard-copy applications may be dropped off at SDUHSD District Office between the hours of 8:00 am - 4:30 pm. Individual school sites will not be collecting any ISPE applications/packets.
Parent Q&A Sessions - Virtual	Tuesday, February 6, 2024, 5:00 pm - 6:00 pm Wednesday, February 21, 2024, 5:00 pm - 6:00 pm
SDUHSD ISPE Application Closes	Friday, March 15, 2024 @ 4:00 pm
SDUHSD ISPE Application Review Period	Monday, March 18, 2024 - Friday, March 29, 2024
SDUHSD ISPE Applicant Notification Period	Monday, March 25, 2024* - Friday, April 12, 2024 *Conditional approval communication may begin as soon as Monday, March 25, 2024. Please note that SDUHSD is on Spring Break from Monday, April 1, 2024 - Friday, April 5, 2024.
Questions or Concerns	Email: ispe@sduhsd.net or call (760) 753-6491

**San Dieguito Union High School District
ISPE HIGH SCHOOL SPORTS QUALIFICATIONS**

The following are minimum ranking/performance requirements for students to be considered for ISPE. The student must be training and competing at an advanced pre-Olympic, pre-professional, or professional level of competition, and the off-campus instructor must meet specific District requirements for approval.

*In order for any other (Olympic) sport/activity to be considered by the San Dieguito Union High School District ISPE committee, the student/athlete must be participating at **an advanced pre-Olympic level and above or advanced pre-professional level and above**, as evidenced by a national ranking according to a nationally-recognized and verifiable ranking organization. The application must include the ranking information from the respective sports governing body, listed below, to be considered.

**Middle School applications must demonstrate that the athlete is making progress toward the ISPE Sports Qualification criteria for advanced pre-Olympic, pre-professional, or professional rankings listed below.

***SDUHSD reserves the right to add or remove ISPE Sports Qualifications at any time. SDUHSD has been in contact with local ISPE vendors and will continue collaborating to ensure rankings and sports qualifications are up to date. The ISPE Committee meets on an annual basis to review all sports qualifications and criteria.

Classical Ballet: The student must audition for, and be accepted to, a nationally recognized elite summer intensive program. Evidence will include an acceptance letter from the program.

Diving: The student must participate in Summer Zone Championships. This includes qualifying for the top 15 springboard or achieving a competitive platform list.
www.divemeets.com

Equestrian: Must qualify for United States Equestrian Federation (USEF) rated shows and meet all membership and point requirements for each discipline entered (Please include the membership and point requirements for each discipline submitted.) Must also have competed in a USEF rated show prior to the application submission. www.usef.org

Fencing: The student must be in the top 20 in the Y-12 and Y-14 divisions and the top 32 in the Y-17 (Cadet) and Y-20 (Junior) divisions as determined by www.usfencing.org

Golf: The student must participate in the PGA of Southern California Junior tour and be ranked in the top 15% of singles players in Southern California in his/her age group.
www.scpqajrtour.com

Gymnastics: The student competes at USA Gymnastics Level 8-10 or Elite for gymnastics, OR Level 10 or Elite for tumbling and trampoline, at Western Regional or National meet competitions. www.meetscoresonline.com

Ice Hockey: Membership has been earned through a competitive tryout; the team's practice schedule is similar to the schedule of a middle/high school sport team in season; the team's typical schedule is comprised of multiple (minimum three per season) interstate competitions during the school year, and at least one of those is out of state, - or, if the team has earned the right competitively to participate in national level tournaments for the past two consecutive years.

Ice Skating: The student must pass the intermediate level U.S. Figure Skating Tests (moves and freestyle).
www.ocfsc.iwarp.com

Solo Dance Competition: The student must place in the top 10 at regional or national solo competitions in the advanced or elite competitive category only. The student must post a result from www.showstopperonline.com or www.moveproductionsonline.com or a comparable regional/national competition. Participation in dance classes, dance productions, dance/cheer teams, or as a competition group member does not qualify for ISPE.

Surfing: The student competes in the WSA Prime and/or the NSSA Open and is ranked in the top 25% of their age group. Competing on a middle school-sponsored surf team may also provide eligibility. www.nssa.org

Swimming: The student must post 3 SD-Imperial Junior Olympic meet qualifying times (OR) 3 USA Swimming National Age Group Motivational "A" time standards in the last year (OR) qualify for the IM Xtreme games with minimum IMX score. www.usaswimming.org.
si-swimming.com

Tennis: The student must be ranked a 3-Star or better as determined by www.tennisrecruiting.net

**San Dieguito Union High School District
Independent Study Physical Education (ISPE)
Course Requirements and Expectations**

In order for a student to be eligible to participate in ISPE and earn credit for the course, the following criteria must be met. The Superintendent or designee will determine eligibility based on the following:

1. Student must be participating in an individual sport that requires vigorous physical activity and the student must be **an advanced pre-Olympic athlete and above or advanced pre-professional athlete** (see Sport Qualifications). The coach could be required to schedule and meet face-to-face with the district ISPE committee to discuss his/her program prior to final approval.
2. The ISPE course must develop proficiency, knowledge, and skills that cannot be achieved within the in-school physical education program.
3. The direct instruction requirement must be equal to or exceed the hourly requirement of the state of California.
4. Independent Study courses must be completed by the end of the semester and must be equal to or exceed the hourly requirement of the district P.E. program.
5. Parent/guardian will be required to sign a district liability waiver form for the activities covered under the contract.
6. All ISPE courses will be managed by the ISPE Coordinator at the athlete's school site. All students who are approved for ISPE will submit all coursework to the ISPE Coordinator at the athlete's school site.
7. Parent/guardian agrees to undertake all transportation of the student to and from ISPE, including coursework submission at the athlete's school site. The district will not provide transportation.
8. Student must be under the direct supervision of a coach who meets district qualifications as outlined in an Instructor's Statement of Responsibility. The coach may not be a parent of the student applying for ISPE.
9. All ISPE instructors/coaches are required to sign a Statement of Responsibility and Hold Harmless Agreement. Instructors/Coaches must also carry Commercial General Liability of \$1 million dollars insurance for the activity in which they are giving instruction. If a coach change occurs at any point, updated information will need to be submitted to the site assistant principal to ensure continued student eligibility in the ISPE program.
10. ISPE courses may not be used to make up a failed regular physical education class.
11. Qualified students may use the ISPE course to fulfill the graduation requirement for two years of physical education. 11th and 12th grade students who have successfully completed two years of ISPE in high school may take ISPE for elective credit.
12. Second semester grade 7 and 9 ISPE students must contact school site administration to find out when he/she can participate in the state mandated physical fitness testing. It is the student's responsibility to find out when the testing will occur, to schedule the testing with the instructor, and to attend the regular P.E. classes during the testing period.
13. Student medically unable to participate in regular P.E. classes even with modified program, and is under a physician's supervision, and will follow prescribed physical activities. Documentation is required.

Middle School Only

Class schedule is impacted by a specialized program or needs-based intervention course, which prevents them from taking a general education elective during the school day.

High School Only

Has already fulfilled 20 credits high school Physical Education graduation requirement and requests to take ISPE for elective credits

Grading, Requirements and Expectations

The District believes that accountability for meeting agreed objectives is of prime importance. The student will be held responsible for maintaining their programs and keeping up with the communication between their individual coaches and the ISPE Coordinator.

Due to the independent nature of the program, a large part of the grade (pass/fail) that the student receives will be based upon his/her accomplishment of the agreed objectives, contract, and requirements, and his/her communicating this information to the ISPE coordinator in a timely fashion. The following requirements must be met as a part of the independent study in order to receive a passing grade and credit.

1. Every four (4) weeks an ISPE log must be submitted indicating days and hours of participation. The log must be signed by the instructor and parent/guardian.
2. On the Wednesday of the last week of the grading period, a one-page (typed, double-spaced, 12 font) paper is due from the student indicating his/her self-evaluation of progress toward stated goals. In addition, a one-half page statement, personally written and signed by the ISPE coach/instructor, is due which indicates that satisfactory progress is being made toward the goals.
3. On the Wednesday of the last week of the semester, a two-page (typed, double spaced, 12 font) paper is due which must include:
 - a. The student's evaluation of his/her success in attaining the stated goals and objectives, answers to the questions on the report form relative to the student's sport activity, and a statement indicating future goals if the student intends to continue the same activity for an additional semester. Remember, this is a minimum of two pages.
 - b. A one-page statement, personally written and signed by the ISPE coach/instructor, evaluating the student's semester participation and progress.

SDUHSD Add/Drop Policies and Grading Windows apply to independent study courses.

1. As per Board Policy 5121/AR, a student who drops a course during the first four weeks of a semester/first two weeks of a quarter for the 4x4 schedule may do so without a mark on his or her permanent record/transcript, if approved by the parent/guardian/adult student and school counselor.
2. After the fourth week of a semester/after the second week of the quarter for the 4x4 schedule, a student who drops a class will receive a Withdraw (W) mark/no credit on transcript.
3. No district class may be dropped within 30 school days for a semester schedule/15 days for a 4x4 schedule of a final marking period, nor may any class be added for credit within 30 days of a semester/15 days for a 4x4 schedule of a final marking period.

I acknowledge that my student agrees to the grading, requirements, and expectations of the ISPE Program.	
Parent/Guardian Signature:	Date:

**San Dieguito Union High School District
ISPE Parental Release to Participate**

Student _____ ISPE Activity _____

Location of Activity _____
Address _____ City _____ Zip _____

Business Name (If applicable) _____

Our signatures below indicate our understanding that participation in ISPE is voluntary and not required as part of the regular school program. We hereby give our permission for our student to participate in the identified ISPE activity. We realize there is a possibility that a student may suffer severe injury, including permanent paralysis or death, as a result of participation in ISPE activities. We are aware that participating in any athletic/sport activity can be a dangerous activity involving many risks of injury. We understand that the dangers and risks of playing or participating include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and or aspects of the skeletal system and serious injury or impairment to other aspects of the student’s body and/or well-being. We understand that the dangers of ISPE may result not only in serious injury, but in serious impairment of future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

While the school district may establish certain requirements in implementing the ISPE program, neither the District nor its schools are responsible for the quality or conditions of the instruction involved with this program in that it involves physical activities which are off of District premises and are not organized or supervised by the school district. I acknowledge and willingly assume all risks and hazards of potential injury and death, which may arise out of participation in the ISPE program, including transportation to or from any such program.

In consideration of the permission granted to participate in the SDUHSD ISPE program, we, the undersigned, in addition to immunity from liability arising from California law, hereby RELEASE, WAIVE, DISCHARGE, AND HOLD HARMLESS the San Dieguito Union High School District from any and all claims of liability arising out of or in connection with the identified ISPE activity. This release and discharge from all liability includes any defect or alleged negligence attributed to the San Dieguito Union High School District, or any of its employees, officers, coaches, agents, instructors, teachers and volunteers connected to the student’s participation in this program.

I understand that ISPE is a Pass/Fail course and completion will not receive a letter grade. I am also aware that if my student fails to meet ISPE requirements and expectations set by the San Dieguito Union High School District, they will not pass the course, will not meet Physical Education requirements, and (in high school) will not receive credits.

I have read this document and understand that it is a release of all claims. I further understand that I am assuming all risks inherent in this Independent Study Physical Education program. I voluntarily sign my name as evidence of my acceptance of the above provisions, participation in the program and any competition trips or excursions associated with it.

Signature of Parent _____ Date _____

**San Dieguito Union High School District
ISPE Student Objectives**

List and explain the major activities you have planned (i.e. private lessons, tournaments, performances)

Expected Practice/Training Schedule:

Activity	How Often (ie number of days per week)	Time in Minutes (per training session)

Total time in minutes every two weeks _____

I acknowledge that my student agrees and commits to the student objectives listed above.	
Parent/Guardian Signature:	Date:

ATTACHMENTS - The following documents are required to be attached. Applications will not be accepted or reviewed without the following attachments.

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