

PE and Athletics Frequently Asked Questions

Common terms:

- **Cut sports:** refers to teams where there is a tryout period and not all students will make the team.
- **Non-cut sports:** refers to teams where once the student has committed themselves to the team and the coach agrees, they make the team (talent level is not a qualification)
- **Cut sports include:** Volleyball, Golf, Water Polo, Tennis, Soccer, Basketball, Softball, Baseball and Badminton.
- **Non-cut sports include:** Football, Cross Country, Wrestling, Swimming and Diving, Lacrosse and Track and Field

Physical Education and Athletics are two very different programs and communication regarding these programs often causes problems. Please take note of the differences:

- **Physical Education:** Refers to the program required for graduation with the goal of having all students become Physically Literate. Classes are offered during the school day and not after school sports. The Director is Steve Ames.
- **Athletics:** Refers to all sports activities after school involving all Gunn competitive after school sports teams. The Director is Curtis Johanson.

Physical Education

1. There is a 2-year requirement (20 credits) for graduation
2. All students must enroll as a freshman (State requirement)
3. All students must take the Physical Fitness Test (PFT) in the spring of Freshman year
 - a. complete their second year during their sophomore, junior or senior year
 - b. If a student does not pass the PFT, they are enrolled continuously in PE until they have passed 5/6 (they are tested once each fall, winter and spring for students enrolled in PE 10, PE 11, and PE 12)
4. PE uniforms:
 - a. Supportive athletic shoes are required for participation in all Physical Education Activities.
 - b. May be purchased in either the Boys or Girls PE Offices, and possibly at the Kick-off event before school starts.
 - c. The uniform costs \$30 (\$15 for shorts and \$15 for the shirt). Please make checks out to Gunn High School. Checks are preferred.
 - i. Scholarships are available in the Main Office, if needed.
 - d. Students may wear their own Plain black shorts and Plain gray T-shirts (no logos) instead of purchasing the PE uniform.
 - i. Gray Gunn sports team shirts are okay.
 - e. You may wear athletic sweats over your uniform (any color, school appropriate).

Independent Study PE

1. Independent Study PE is only for sophomores, juniors and seniors who have completed 10 credits of PE. Freshman are NOT eligible. Please don't ask, there are no exceptions.
2. *Eligibility for Independent Study PE:*
 - a. The sport is not offered at Gunn as an after school sport
 - b. The student must have passed 5/6 tests on the PFT
 - c. Practice occurs 5-6 days each week

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- d. Students practice 15 hours per week at a minimum under the supervision of a certified coach/instructor.
- e. They student must have at least three of experience year round in this sport
- f. Forms available on Gunn PE Website:
<http://www.gunn.pausd.org/sites/default/files/Ind%20Study%20PE%20rev%205%2030%202013-%20Aug.2015.pdf>

Physical Education and Gunn After School Sports

1. If a student qualifies for an After School Gunn Sports Team, they can apply for a waiver (“Prep”).
 - a. Once on the team, they must complete the form here (<http://gunn.pausd.org/sites/default/files/15-16%20Athletic%20Waiver%20Form.pdf>) and get it signed and initialed by the coach, parent, and themselves (student)
 - b. They must turn in the completed form to their teacher (NOT the COACH) and continue to attend PE class until dismissed by their teacher
 - i. A cut will be issued for each absence if the procedure is not followed
 - c. A STUDENT MAY NOT ENROLL IN A DIFFERENT CLASS DURING THEIR PE PERIOD
 - i. They must stay enrolled in their current PE Class
 - d. When the sports season ends, they cannot attend a practice, or if specified in the contract, the student must return to PE.
 - e. This must be done for each sport during each season

After School Sports

1. Student must Register at: <https://www.athleticclearance.com>
2. When done, print out the form and bring it to your doctor when you get your physical and have the form signed (recommended to do this during the summer)
 - a. This way it won’t expire during year (they expire 1 year from date of doctor’s signature)
 - b. Then your student is ready to try out, even if they change their mind
 - c. Make a copy of your physical, just in case it gets lost or doesn’t transmit correctly when FAXing
 - d. If you already had a physical, many doctor’s will complete the form anyways – just bring it to their office for completion

Sports

- **Fall** – Football, Girls Volleyball, Girls Golf, Cross Country, Boys and Girls Water Polo, Girls Tennis
- **Winter** –Wrestling, Soccer, Basketball (All sports are for Boys and Girls)
- **Spring** – Baseball, Softball, Swimming and Diving, Boys and Girls Lacrosse, Boys Tennis, Boys and Girls Track and Field, Boys and Girls Badminton, Boys Volleyball