

## **Independent Study Physical Education (ISPE)**

In keeping with North Coast Aquatic's mission to develop student-athletes with great character, we encourage all Junior High and High School swimmers to enroll in their schools ISPE program.

If swimmers are committed to NCA and making their required workouts, they should exceed all of the school's requirements to replace regular physical education with swimming for NCA.

Additionally, many schools will release your student from school during the physical education class time. If this can be arranged and scheduled to be the last period of the school day, it gives your swimmer more time for homework. Further, it makes it possible for your student to attend workouts that are scheduled earlier in the afternoon (as early as 3 pm).

You need to check your local school's policy on ISPE. However, it is more than likely that another NCA swimmer already participates in ISPE. Please fill out the necessary forms at the school and remind your swimmer that they must exceed all requirements, completing their logs and evaluations, to ensure they comply with all school rules and policies.

As a staff, we feel strongly that NCA swimmers will build character and show better accountability by using this time to become better student-athletes. Committed swimmers will more than benefit from the extra workout time in the pool, however, we appreciate and understand that this program is not for everyone. We want to keep the integrity of the school ISPE program intact for all students participating and excelling because of the advantages of ISPE.

### **Frequently Asked Questions:**

#### **Q: Should my swimmer sign up for ISPE?**

Yes: If they are committed to making all their groups required workouts and competing in swim meets. Remember, keeping the utmost integrity of the ISPE program is very important to NCA.

No: If your swimmer really enjoys PE.

No: If your swimmer is simply using ISPE to avoiding gym class.

No: If your swimmer don't compete in swim meets.

### Q: What should my swimmer's goals be for the ISPE program?

Goals should be categorized into 4 main areas:

1. **Team Goals:** Aligning personal goals with NCA team goals as captured in the [NCA Value Wheel](#).
2. **Practice and workout goals:** Committing to a set number of workouts per day, per week. Logging specific swim techniques and very specific practice interval times achieve. (For example: swim 5x100 Free on 1:20 interval / Kick 10x100's on 1:45.)
3. **Individual goals:** These can include technique improvements (streamline, underwater shooters, butterfly, etc.), racing improvements, competition times. You can also identify the number of (or specific) swim meets you wish to attend. Include goal times or time standards that swimmers are working to achieve: <http://si-swimming.com/Standards/2017%20SI%20ABCTSY.pdf>
4. **Life skills:** Swimmers should include life skills that involve healthy nutrition, sleeping habits, and exercise that swimming contributes to for long-term health and lifestyle benefits.

### Q: How do I get started?

Your school administrative website will have the application for ISPE available to print. Complete the ISPE application, then ask your coach to sign it along with other needed documents, including a Hold Harmless Agreement. Your coaches should be familiar with these if you need help.

Your NCA coach will also provide a copy of NCA's insurance and your coach's accreditations for CPR and registration with USA Swimming.

Once you complete the ISPE package, you turn it in at school, typically in April, May, or June for the following school year.

### Q: What else do I have to do?

It is your swimmer's responsibility to manage his/her weekly logs and reporting requirements based on your school's ISPE program. They will still need to pass a school fitness test, which may include running, sit ups, flexibility and more.

### Q: What is the downside?

If a swimmer does not complete the workout and competition requirements, or if they fail to complete the logs and turn in all requirements, he/she risks failing PE (F Grade). Rarely has this occurred within the NCA programs. Instead, NCA coaches consistently see the ISPE program as a benefit to developing student-athletes with great character.