

# Milton High School

## Personal Fitness Waiver FAQs



### 1. Who is eligible for the waiver?

Beginning the 2016-2017 school year, all Milton students who successfully complete one season of Marching Band or GHSA-Sanctioned Sport (excluding One Act Play and Literary Competitions) offered at MHS are eligible to apply for the Personal Fitness Waiver. Beginning the 2018-2019 school year, all Milton students who participate in Cirque and Equestrian are also eligible to apply for the Personal Fitness Waiver after meeting the requirements of completing the eligibility criteria for the sport/activity. This requirement must be met by the conclusion of the first semester of the student's senior year. **NOTE:** If students wait until their senior year to apply for the waiver, then only those students participating in Fall Sports or Activities will be eligible.

### 2. Which sports are GHSA-Sanctioned?

The following MHS Sports Programs are GHSA-Sanctioned and qualify for the Personal Fitness Waiver.

Fall Sports	Winter Sports	Spring Sports
Football	Basketball	Baseball
Cheerleading (Sideline)	Basketball Cheerleading	Golf
Cheerleading (Competition)	Competition Dance	Gymnastics
Cross Country	Swimming and Diving	Lacrosse
Softball	Wrestling	Soccer
Volley Ball		Tennis
		Track and Field

### 3. Where do students get a Personal Fitness Waiver Form?

The waiver form is available on the MHS Website and in Counseling Suites 1320 and 1340.

### 4. What is the process for obtaining the Personal Fitness Waiver?

- **GHSA- Sanctioned Sport:** After successful completion of one season of a GHSA-sanctioned sport offered at MHS (list above), the student will return the completed Personal Fitness Waiver Form to their Coach. Successful participation in one season is at the discretion of each Coach and will be verified by the Coach. Students will then need to return the form to the Athletic Director.
- **Marching Band:** After successful completion of one season of marching band, the student will return the completed Personal Fitness Waiver Form to the Band Director. Successful participation in one season is at the discretion of the Band Director and will be verified by the Band Director.
- **Cirque Performance:** After successful completion of the Fall semester of Cirque Performance with at least a 95% class participation rate and no more than 4 absences, the student will return the completed Personal Fitness Waiver Form to the Cirque Director or Cirque Coordinator. Successful participation in meeting the criteria is at the discretion of the Cirque Director or Cirque Coordinator.
- **Equestrian:** After successful completion of 25, one hour long lessons and participation at 5 Horse Shows for the season (August - February), the student will return the completed Personal Fitness Waiver Form to the activity sponsor. Successful participation in one season is at the discretion of the activity sponsor and will be verified by the activity sponsor.

For all Sports/Activities: The completed, signed waiver form must be turned in by the last day of the semester during which the eligibility requirement was met.

5. **Does the student receive actual credit or a grade when using the Personal Fitness waiver?**

No. Students who waive Personal Fitness will have a Personal Fitness Exemption Code added to their transcripts designating the waiver. No grade or credit will be assigned.

NOTE: Students are still required to have 23.0 credits for graduation if awarded the Personal Fitness waiver.

6. **Can past participation in band, sports or activities count toward the waiver?**

No. A student cannot be “grandfathered in” based on past participation in Marching Band or a GHSA-Sanctioned Sport listed above after the 2016-2017 school year begins. Additionally, a student cannot be “grandfathered in” based on past participation in Cirque, Competition Dance, or Equestrian. Students must complete the requirements after the 2018-2019 school year begins.

7. **What about sports that are not GHSA-Sanctioned or GHSA-Sanctioned sports not offered at Milton?**

Since these sports are not under the domain of Milton High School, they are not included in the waiver. Only the activities and GHSA-Sanctioned sports highlighted within this document are eligible to apply.

8. **Are rising seniors eligible for the waiver?**

Yes, rising seniors are eligible for the waiver, however they must complete the requirement by the conclusion of the first semester of senior year. Reasoning: The Counseling Department must verify that graduating seniors have completed all required coursework. If a senior has not taken the Personal Fitness class or completed the waiver eligibility by the conclusion of the first semester, she/he is required to take the Personal Fitness class during the second semester of senior year. **NOTE: Winter Sports, Spring Sports and Equestrian students must earn the waiver by the end of their junior year since these activities end during second semester.**

9. **Will my Personal Fitness waiver be transferable to other schools?**

No, the waiver will only be applicable to Milton High School. This credit will not transfer to other high schools within or outside of Fulton County.

Additionally, students who have earned a waiver from another Fulton County High School will not be able to transfer the waiver to Milton High School. Students who transfer to Milton High School will need to earn the waiver at Milton High School or take the Personal Fitness course in order to satisfy the graduation requirements.

10. **Whom can I contact for questions about the waiver?**

For questions, please contact your student’s School Counselor and/or any of the following school staff:

<b>Band Director</b>	Chris Shumick	<a href="mailto:shumickca@fultonschools.org">shumickca@fultonschools.org</a>
<b>Athletic Director</b>	Gary Sylvestri	<a href="mailto:sylvestrig@fultonschools.org">sylvestrig@fultonschools.org</a>
<b>Cirque</b>	Larry Smith	<a href="mailto:Smithl4@fultonschools.org">Smithl4@fultonschools.org</a>
<b>Competition Dance</b>	Taylor Adams	<a href="mailto:Adamst4@fultonschools.org">Adamst4@fultonschools.org</a>
<b>Equestrian</b>	Carolyn Flis	<a href="mailto:flis@fultonschools.org">flis@fultonschools.org</a>