

PURPOSE: To limit the amount of attainable wellness hours for athletes from sporting events in exchange for a single wellness seminar credit for participating sporting events.

INTRODUCED BY: Ryan Wei

BE IT RESOLVED BY THE MISSISSIPPI SCHOOL FOR MATHEMATICS AND SCIENCE SENATE:

SECTION ONE (DEFINITIONS):

- a) The Term ‘Sport’ must fulfill—
 - 1. MSHAA sanctioned sporting event.
 - 2. Requires the students at The Mississippi School for Mathematics and Science to compete with those of another school in an event/meet/game.
- b) The Term ‘Player’ must fulfill—
 - 1. The student must be an active member of the team. This disqualifies injured players and players who are not participating for the team temporarily or indefinitely.
 - 2. The student must be on a roster sent to the Wellness Coordinator by the team captain(s).

SECTION TWO (REASONING):

The current system of athletes gaining Wellness hours fails to accomplish the actual goal of Wellness. Athletes may sign out for a trip and be away for up to 10 hours, however, only 2-3 of those hours may be the athlete participating in something Wellness related. Participating in these sporting events may also take away opportunities for athletes to participate in wellness seminars during the period where they are at an event.

For these reasons, a new system should be implemented. This system would limit athletes to 6 hours of Wellness from any sport for each quarter. In exchange, they would be given one Wellness seminar credit for participating in a sporting event. However, to not give athletes an unfair advantage over students that aren’t participating in sports, limitations would be set. Firstly, athletes would be allowed to get a wellness seminar from an event once per quarter — no more than that. They would also only be allowed to log wellness hours for one event. For example, during swim season, meets occur every week for about 1-2 months within the first quarter. With the new system in place, an athlete would only be allowed to sign out for up to six total wellness hours for those meets and be able to obtain one wellness seminar. The students may continue to sign out but only 6 of those hours will count. No matter the sport, the limitation is one event, and students in multiple sports are not allowed to “stack” sports. For example, a student participating in swim and cross-country, which are in the same season, are still limited to a total of six wellness hours from a sport event and one wellness seminar credit, not 12 and two, respectively.

Signing out for this new system would be the student's responsibility. They would sign out on orange card as usual, except they would also write in a parenthetical (6 hours + wellness seminar). In the case that a student was to forget to sign out for a wellness seminar, but were to receive the hours, they just would not receive the seminar credit but would be allowed to sign out again at the next event, solely for the credit but not the hours. The other hours would be expected to be gained from practices and time spent out of games/meets. This rids any unfairness from gaining a surplus of wellness hours from meets. This levels the playing field for students not participating in sports. For example, if a student were to gain 6 hours and a wellness seminar from a swim meet, the remaining 6 hours needed for an O in wellness would be required from practices, going to stark recreational center, walking, etc.

This new system is to ensure that students can gain wellness seminars at the exchange of missing school and other events. This also gets rid of the concern of a pre-existing "unfairness" for gaining wellness hours between students and athletes. Another reason for this is because the sports teams at MSMS, apart from tennis, don't have tryouts. Anybody could participate in a sport without prior experience, as many students do. Also, when an athlete participates in a sporting event, they give up instructional hours as well as their own time to compete in the sports. A student may be gone from 2pm to 10pm and would still bear the responsibility of making up missed work, rescheduling tests or quizzes, as well as studying.

Another concern brought up in the drafting of this bill is about drama, the strength and conditioning classes, and how this bill would affect those. First and foremost, this bill solely affects wellness hours regarding varsity sports: soccer, wrestling, swim, track, tennis, cross country, powerlifting etc — anything MHSAA categorizes as a sport on their website. However, drama and strength and conditioning were conducted before shall remain that way. If there is a supposed unfairness for sports in comparison to the two, drama gets wellness hours for rehearsals as well as building the set, and everyone both attending the play as well as acting in the play receive a wellness seminar, which I believe is an appropriate exchange already. Then there's the strength and conditioning class. People take this class because they lack a P.E. credit which is required to graduate, so by having it as an actual class which meets graduation requirements, as well as waiving their wellness hours for the entire year, it is also a privilege.

Overall, this new system is a must. Its changes allow both students and athletes to better use the opportunities granted to them.

SECTION THREE (PROPOSED ACTION):

To enable students who are playing in sports to gain a wellness seminar in exchange for placing a cap on the amount of attainable wellness hours for sporting events. Wellness seminar credits are limited to one per student, per quarter. Wellness hours gained through sanctioned sport practices are not limited by this action. ~~Put something about team captains in here.~~

SECTION FOUR (APPENDIX):

The following would be an example of a sign-out:

Date	Time-out	Place	Activity	Time-in
mm/dd/yyyy	xx:xx am/pm	(Location)	(Sports Game) + (up to 6 hours + Seminar)	mm/dd/yyyy

Response 1(Mr. Edward Allen; Frazier Hall Director):

I like the system you're proposing to place a reasonable cap on athletes' required hours. It keeps things fair between students who participate in sports and those who don't. I agree with having athletes seek the remaining 6 hour. Out of the initial 6, most are usually spent on the bus, so earning those additional hours becomes more meaningful. ~~Also,~~ [Also](#), many athletes are getting up at the crack of dawn and returning home late due to training, so I believe granting a seminar credit is a fair recognition of the time and effort they already invest. Overall, I agree with this proposal and would like to see it move forward.

Response 2 (Dr. Easterling; Academic Director)

Anything that a streamline the process of gaining wellness credit so that students have easier time meeting graduation requirements. Seems like a good idea to me.

Response 3 (Mrs. Nisa; Former Wellness—when in Reslife—)

I think this would go a long way to establishing a balance between the students that participate in sports and those that do not. Anything that is beneficial for the majority of the student body feels like the right direction as it applies to fairness within the MSMS community.

Response 4 (Mrs. Latoya; Goen Hall Director)

I support this bill as long as it remains fair and students are held accountable. I also believe students should receive credit for the work they put in, and this change would make earning hours and seminars a more fair and equal opportunity for everyone.

Student Body responses

Participating Student's Listed Below:

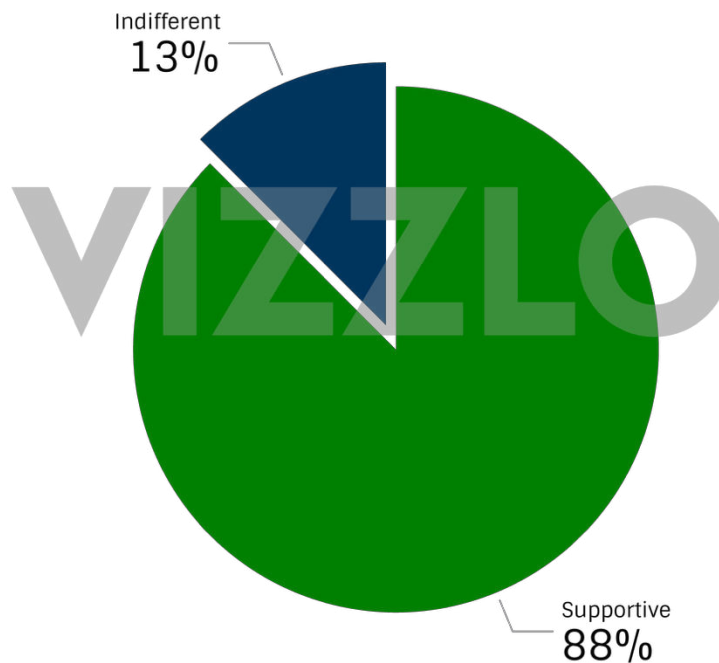
Seniors:

Walter Giesen; Lillie Thompson; Belsy Soto(Thursday Study Hours) ; Isabella Rushing; Nyden Barretto-Solis; Jazmyn Clark; Charles Martin; Mervyn Thankachan; Simranjit Kaur

Juniors:

Rutwa Patel; Miles Brown; Asvika Kosalram; Caspian Coughlin; Joshua Davis; Katie Chung; Johnny Ao;

Student's Opinions



The Link below leads to the official MHSAA page dictating which sports are considered:

Look at the activities under the 'Sports' section.

<https://www.misshsaa.com/mhsaa-sports-calendar/>