



UPPER SCHOOL FITNESS FACTS

- Fitness will be held within the academic day for all upper school students. Fitness in a 75-minute block. Students will have 10 minutes to change, a 40-minute workout and 25 minutes to shower (optional).
- Most students will have two blocks of Fitness, one on A-day and one on B-day, in blocks 1-4. Specific sports, and their Fitness requirements, are charted below.
- Freshmen and sophomores (who have required Bible courses) who want both an elective and a study hall may opt for one Fitness credit instead of two.
- If a student has Fitness as their first block, they may arrive at school in Fitness clothing.
- Students are not permitted to workout in their school uniform.
- Team gear is allowed. If not on a team, students are required to wear shorts and BA shirts for workouts.
- Fitness attire may not be altered for style purposes. Tops should not be cut at the sleeves, neck, or length. Shorts should not be rolled or tucked into the lining.
- After changing into Fitness wear, students will report to the weight room for attendance before being directed to a specific location.
- While the schedule does not permit complete teams to work out together, the workouts are sport specific. (Non-sport workouts will include cardio and body weight exercises.) No one will work out individually.
- If Fitness falls on a game day, students may be asked to use the time for a study hall. Coaches will have specific instructions for each team.
- Unless in season, students will not have a permanent locker assigned to them. However, students can use an available locker during their block of Fitness.
- There are 12 shower stalls for the girls (across three locker rooms) and 20 shower stalls for the boys.
- Towels and soap will be provided.
- Faculty members and coaches (gender specific) will monitor/supervise the locker room, study halls, and weight room.
- The training room will not be used during Fitness.
- Students will not be able to leave BA campus during Fitness. Absences from Fitness will follow the same attendance policy as academic classes.
- Fitness is graded on a pass/fail system.
- Cell phones will **not be permitted** in the locker rooms. Adherence to this policy will be monitored by faculty assigned to supervise locker rooms. Violations will be taken seriously per the conduct policy in the Student Handbook.
- Dismissal is at 3:15 PM for students who do not have an afterschool athletic/academic/fine arts commitment.