

**MANHATTAN BEACH UNIFIED SCHOOL DISTRICT  
INDEPENDENT STUDY ATHLETICS  
2024-2025**

**TO:** Parent(s)/Guardian(s) and Student Athletes

**FROM:** Katie Cavallaro, Vice Principal – MBMS  
Kim Price, Vice Principal – MCHS

The Independent Study Athletics (ISA) program requires that a student be an **ELITE** athlete who competes successfully at the national or state level in their preferred sport or activity. If the student is in seventh or ninth grade, they will also be **required** to pass the state mandated FITNESSGRAM physical fitness test to remain eligible for the ISA program. This requires that the student meet with a MBUSD credentialed P.E. teacher during the school year to facilitate the physical fitness testing; the student may need to forgo their ISA activity on the days assigned for physical fitness testing.

The **INDEPENDENT STUDY ATHLETICS application must be renewed each year.**

The MBUSD Independent Study Athletics (ISA) Program is intended to be utilized by our elite level athletes to allow flexibility in their school schedules in order to participate in rigorous athletics not offered through our District or during their sport or activity's off-season.

**TIMELINES FOR EVALUATION & REPORTING**

**EVALUATION BY COACH/INSTRUCTOR:** Written evaluations corresponding to the athlete's list of goals and activities should be submitted by the coach to the site coordinator by the deadlines indicated below. **Parent(s)/Guardian(s) will NOT be approved as supervising instructors or coaches for their child(ren).**

**ACTIVITY LOG:** The student's weekly practice and competition schedule should be recorded on a **DAILY** basis. The log should reflect the date of the activity, the hours spent engaged in the activity, and the nature of the activity. To meet the requirements for credit, high school students must complete a minimum of fifteen (15) hours of appropriate activity per week. The requirement for middle school students is a minimum of ten (10) hours of appropriate activity per week. The activity log must be submitted by the deadlines indicated below.

<b>Mira Costa High School Deadlines</b>		<b>Items to Submit</b>
1 <sup>st</sup> Quarter	October 11, 2024	Activity Log <b>ONLY</b>
1 <sup>st</sup> Semester	December 13, 2024	Activity Log <b>AND</b> Coach Evaluation
3 <sup>rd</sup> Quarter	March 14, 2025	Activity Log <b>ONLY</b>
2 <sup>nd</sup> Semester	June 6, 2025	Activity Log <b>AND</b> Coach Evaluation

<b>Manhattan Beach Middle School Deadlines</b>		<b>Items to Submit</b>
1 <sup>st</sup> Trimester	November 9, 2024	Activity Logs <b>AND</b> Evaluation
2 <sup>nd</sup> Trimester	March 7, 2025	Activity Logs <b>ONLY</b>
3 <sup>rd</sup> Trimester	June 6, 2025	Activity Logs <b>AND</b> Evaluation

**PLEASE NOTE: Any weekend games and /or competitions: A maximum of 4 hours per day may be logged for the student's week of activity.**

**For students' whose applications are approved: All documents needed for the 2024-25 school year will be posted on their school's website in August. All communication will be via email.**

**Manhattan Beach Unified School District  
Independent Study – Athletics (ISA)  
Sports List and Criteria (2024-2025)**

**Criteria verification MUST accompany all ISA applications!**

Beach Volleyball	Top 20 in a National Volleyball Tournament Gold Division in: CBVA – Finish in the top 3 at a Tour Stop Tournament AAU- Nationals or West Coast JO’s and/or USAV and/or P1440 Nationals
Crew	Participated and Completed 1 year in the program
Cycling	Ranked in the Top 15 at Nationals in age division
Dance	<b>Must meet ALL of the sections below:</b> <ul style="list-style-type: none"><li>- Completed in at least 4-6 competitions of like competitions the prior schools year</li><li>- All advanced Level Classes for age</li><li>- Must compete in soloist and ensemble events</li><li>- Must dance in the Studio’s Company - Letter of Verification from studio required</li><li>- List Summer Intensive Program(s) attended/auditioned</li></ul>
Equestrian	Competed <b>and</b> placed in 3 shows: Del Mar National’s, Hits Desert Circuit, L.A. Jumping Festival (or like shows)
Fencing	US Fencing Association Rolling Point Standing for the athletes age group or higher <b>OR</b> Have a minimum USFA Rating for E or above
Figure Skating	Juvenile (MBMS) or Intermediate and Above (MCHS)
Golf	AJGA Ranking - Top 150 (by age)
Gymnastics	Competing at Level 6 - Optional Routines ONLY (MBMS) Competing at Level 7 - Option Routines ONLY (MCHS)
Ice Hockey	Tier 1/AAA (MCHS - ISA Participation is 1st Semester <b>only</b> )
Martial Arts	Black Belt
Rock Climbing	Completed at Nationals (individual, not team)
Sailing	Competed at Nationals the prior school year
Swimming	Meet times 3 of 5 events: Motivational Times - Age Level “A” Times (MBMS) or “AA” Times (MCHS: ISA participation 1st Semester only)
Tennis	USTA Junior Ranking - Top 250 (by age/open rankings only) MCHS - boys - 1st semester only/girls: 2nd Semester only

**The following sports that do not qualify include (but are not limited to): football, baseball, softball, basketball, soccer, water polo, and surf.**

**Outside gym and/or weight training programs hours may NOT be included in the minimum required hours.**

## Eligibility for Independent Study Athletics

Parent(s)/guardian(s) of students who are interested in the Independent Study Athletics program should contact their school's principal/designee. Approval for ISA participation shall be based on the following criteria:

1. The activity in which the student competes/participates must be an extension of an existing component of the [California Physical Education Standards](#).
2. The activity must be conducted under the supervision of a credentialed physical education instructor within the Manhattan Beach Unified School District.
3. The activity must consist of instruction that meets or exceeds ten (10) hours every week for middle school students and fifteen (15) hours every week for high school students. **The weekly hours may NOT include travel time to or from the event or time between games and/or events.**
4. The activity must represent a continuation/extension of the student's past record of involvement, competition, and dedication in the sport, as evidenced by the number of years the student has been involved in the training and the individual achievement level outside of school that has been attained by the student.
5. Independent Study Athletics is offered only during the school year. ISA at Mira Costa High School is a school year-long program for sports NOT offered at the high school. For sports offered at the high school, student athletes may be accepted into ISA during the off-season for that sport (if the athlete meets ISA criteria). Once the high school season for the ISA sport begins, the athlete will exit ISA to participate on the high school team. If the athlete chooses not to play on the high school team, they will exit ISA and enroll in a traditional P.E. class.
6. ISA at the middle school is a school year-long program. Students must meet ISA requirements for the program and commit to the program for the entire school year.

## Class Schedule

During the period of the student's Independent Study Athletics agreement, the student's schedule will be reduced by one class period because they will not be enrolled in a regular physical education class. The time period that would have been occupied by physical education may not be replaced by an additional course. The student's schedule is reduced by one class period in recognition of the time commitment involved in the out-of-school, elite physical activity and is intended to provide time for the study required in support of the core classes. **Regular assignment to the library or to another supervised study location shall not be permitted as part of the Independent Study Athletics Program (ISA). Responsibility for ensuring study in support of the student's remaining classes lies with the student and their parents/guardians.**

Should the physical education teacher overseeing a student's Independent Study Athletics program deem that the requirements of the agreement have not been met, the permission to participate in the program will be withdrawn. In such cases, the student will be enrolled in a regular physical education course for the following quarter/semester. Credit will not be granted to high school students for the quarter in which the review occurred. (Education Code 51747)

## Physical Fitness Test for California

The State Board of Education has designated the Fitnessgram as the state's required physical fitness test for students enrolled in grades five, seven, and nine. SB 601 requires that students score in the healthy fitness zone in five of six areas or better to obtain a passing score on this assessment. Areas measured by the test include aerobic capacity, body composition, abdominal strength, trunk extension, upper body strength, and flexibility. Students in grades seven and nine who participate in Independent Study Athletics must take the Fitnessgram and earn a passing score to continue in the ISA program the following school year. Any student scoring in the healthy fitness zone on four or fewer areas will be enrolled in a regular physical education class the following school year and will not be eligible for Independent Study Athletics until the student earns a passing score of five or six areas in the healthy fitness zone. (Education Code 60800)

## Visitations by School Personnel

In order to validate the information contained in the application as well as the caliber of the outside instruction, school personnel reserve the right to visit the training site during the period of the Independent Study Athletics agreement.