



ISPE FORMS

If an athlete is using swimming with our program as a substitute for their athletics in school, that is great. We encourage them to do that if they do not want to additionally participate in gym or P.E. at school.

There are some important things for athletes and parents to know about the ISPE forms:

- If you want a coach to fill out their parts of the form, you need to have those turned into the coach at least a week prior to the due date. It takes time to fill each of those out, and if coaches are receiving multiple, then it takes longer. Do not ask a coach to sign forms on the due date, as that takes away from practice time and their ability to watch athletes during activation, dryland, or in the pool.
- When you bring the forms to your coach, every part that an athlete can fill out prior to the coach completing the form, should already be done. Coaches will not sign a blank form.
- Coaches keep track of athletes' attendance. If you are filling out the chart that has the dates and times of practices and competitions, only write the dates you attended. Coaches will not sign forms where athletes said they attended and did not. The point of participating in ISPE is to substitute physical activity from a class to what you already do outside of school. Coaches will not put their signature on behalf of themselves and the program for you to meet your hours if you are not being honest.
- ISPE is replacing a class the athlete could be taking in school. For coaches to mark you as passing the class, you have to meet the minimum group attendance requirement.