

NEW – PE Department Course Offering – Fall Semester 2012

WALT – **W**hitman **A**thlete **L**eadership **T**eam

To all WWHS Coaches,

Attached is a draft of a new PE Department course that is being offered next school year for your student athletes. We are creating a class for the WWHS male and female student athletes who you feel will be able to compete on the collegiate level (regardless of classification) after they graduate.

The course is being designed as a one semester class, with a focus on total conditioning (not sport specific) to include strength, cardio and flexibility work (3-4 days a week). In addition, once or twice a week, they will attend a classroom session on various topics (see course attachment) to prepare them for what it takes to be a successful college athlete.

We would like your assistance in recommending male and female athletes (preferably current 9<sup>th</sup> and 10<sup>th</sup> graders and select 11<sup>th</sup>) for this class from your current teams. Once we compile the list of names, the PE staff will then send an invitation outlining your recommendation and the course syllabus to see if they would be willing to put the course on their schedule for next year.

Please take a look at the attached draft and see if you may have a several students that would benefit from this course and send their names on to us.

Thank you for your assistance – Please email all names to me by **Friday January 14.**

Please send all recommendations to – [Joseph f cassidyIII@mcpsmd.org](mailto:Joseph_f_cassidyIII@mcpsmd.org)

Respectfully,

Joe Cassidy – and the WWHS PE Staff