

Telos Academy – Frequently Asked Questions: Athletics and Activities

One of the core elements of our Telos philosophy and program is healthy living. Telos Academy supports this by providing regular physical education and offering numerous formal athletic team sports. This document will help inform you about these important pieces of our program as well as other initiatives your son can become involved in.

1) How do organized sports fit into the Telos program? What do I need to do to clear my son for participation?

-Telos Academy is a recognized 1A school through Utah High School Activities Association (UHSAA). We value the benefit of exercise and athletic participation for the overall physical well-being of our students as well as their mental health. In addition to the regular triathlon training, they will have opportunity to participate in numerous team sports throughout the academic year. Sports team are conducted on a seasonal basis, so please visit the academy website to see which sports occur during particular times of the year.

State law mandates a student must have a 2.0 GPA from his previous quarter (and not more than one failing grade) in order to participate in official sports activities. There are fees for some sports to off-set personal equipment costs. Our school staff will take care of registering athletes and getting hardship waivers completed if necessary; there is no need for parents to complete this process. If you have any questions regarding participation in organized sports at Telos, please contact our athletic director.

Our current athletic director is Karl Jensen - karl@telosrtc.com

Occasionally, our boys request to participate in sports that are not offered through our standard athletic program. Parents may identify a local club team that operates close to Telos and has open enrollment. Once a student has demonstrated trust and clear positive traction in his treatment (generally Sun Phase), and if he has had several years' experience with the associated sport, he may apply for the privilege of attending practices and games through his treatment team. Consideration for such involvement is approved on a case by case basis and is not automatic based on the student's progress at Telos. We caution parents against forecasting a student's involvement with such activities until they have been approved with the treatment team.

2) My son just admitted to the program. When will he acquire all the needed equipment for his training activities?

-Within just a few days after admission, a member of the T3 Tri Shop will meet with your son during one of his PE class periods to outfit him with the necessary training attire/equipment. Telos students purchase equipment at significantly discounted wholesale cost, and you should receive a list of the standard gear included in the package he obtains. Note: if your son admits during a holiday or school break, it may take a week or two to get fully outfitted. Whenever a student participates in organized team sports, he will work with his head coach to obtain the essential kits and uniforms needed to play.

3) How can I get information on my son's progress or the results of the athletic events he is participating in?

-Involvement in sports is a rewarding experience for our students and we want you to be as involved as you can when your son participates in athletic events. Both our annual Telos hosted triathlon events are held in connection with Family Days visits so you can support your son (or even join him) as he races. Many parents live a considerable distance away from Utah and are not able to come attend other sporting competitions but can still keep apprised of the results by checking in a few key resources:

- UHSAA posts all results of state high school competitions online at its website: <http://www.uhsaa.org/>
- A major prep sport reporting site www.maxpreps.com is a valuable resource for seeing the results of recent games/events. Telos Academy's home link is [http://www.maxpreps.com/high-schools/telos-\(orem.ut\)/home.htm](http://www.maxpreps.com/high-schools/telos-(orem.ut)/home.htm)
- Our coaches will also take occasion to report on competition through the Family Bridge blog. Photos of our students during competition are also posted to the Family Bridge regularly.

Our school calendar is regularly updated with event dates/times. Please let us know if you will be in town for any of the sporting events. We appreciate your support of Telos athletics and want to make sure you find the locations of the events without any trouble. Many parents report watching their son compete as a treasured moment in the overall treatment process.

4) My son has an injury. How will this affect his school schedule and participation in physical activity? How does Telos prevent injury and ensure he will not compromise existing injuries during activities?

-Telos takes great measures to prevent injury in all its activities and strives to be prepared for when medical needs arise. All our staff are required to complete regular First Aid training courses and team sport coaches attend a mandatory coaches clinic which focuses on key areas of physical concern relating to the individual sports they oversee. All students complete a required bike safety training before participating in rides or workouts.

Our nursing director works with our boys to determine the extent of any physical injury (relating to sports or not). She will determine the amount of time needed to recover and assess additional medical attention that is needed. When a student's injury precludes them from participating fully in their PE class, they are directed to the academy learning center or the break room during those class periods after receiving a release from the nursing director. Our nursing director also can assist in coordinating physical therapy appointments as necessary in the case of major injury.

We take the safety of our students very seriously. Please refer your son to the school nursing staff if he has any physical complaint. Our team documents the physical status of our students closely and regularly. Please alert your primary therapist if your son is ever scheduled for major procedures or maintenance appointments.

5) Does Telos hold regular practices for its athletic teams?

-Yes, athletic practices are held after school a few nights each week during the respective seasons for each team sport. Coaches work to arrange the schedule of these practices so that the students do not miss any therapeutic groups, and to ensure that each boy who is on the team can attend regularly.

Some teams also seek team managers to assist with equipment and recording statistics during competitive events. If your student has physical limitations but still wants to participate in team sports, contact the head coach to investigate other opportunities for him to become involved.

6) What other extra-curricular activities are offered to students in addition to sports?

-Telos Academy offers a wide range of options for students to become involved. Our goal is to provide a robust high school experience akin to a normal setting. While our resources and focus are limited when compared with larger schools, we design a number of activities to be inclusive to boys with different interests and abilities. We encourage all our students to participate in many of the following initiatives:

- **Student Body Officers** – Each Fall term, school elections are held to select officers for each class who will provide student leadership and plan a number of activities throughout the academic year. Our SBOs are mentored by academy staff as they lead out in the preparation and execution of many of our major student activities.
- **Clubs** – Each Friday that school is in session, our academy staff host special interest clubs that are designed to expand the perspective and awareness of our students. Each teacher takes small groups of students for about 90 minutes and conducts activities related to the focused genre of interest.
- **School Socials** – Occasionally Telos will coordinate with other local schools to hold social events where students can meet each other and interact. These events can range from holiday activities to formal dances.
- **Service Learning** – We believe strongly in fostering positive citizenship in our community. Each year, Telos Academy selects around 3-4 service projects to complete that involve all our students in producing products or offering effort to local causes and initiatives to groups in need.

We appreciated the chance to work with your student while he is with us. For more information and resources relating to the academy, please visit the following websites:

<http://adviser.telosrtc.com/>
<http://telosacademy.weebly.com/>