

Dear Parents/Guardians,

The rate of obesity and other cardiovascular risk factors are on the rise among adults and teenagers in the US. The causes are multifaceted but one undeniable factor is the lack of physical activity. The goal of the Physical Education Department is to introduce new, fun and effective modes of activity that will challenge students and give them the skills necessary to continue to be active as adults. One class that does that is the Stuyvesant HS Rollerblading class. It is one of the most unique and fun classes at Stuyvesant and possibly in the entire city. Therefore, this class is one of the most popular electives at Stuyvesant HS.

Rollerblading has been around for decades. It is enjoyable and it provides participants with significant health benefits. The goal of this class is to introduce rollerblading to inexperienced students and challenge those who may already have some experience. Students truly enjoy the physical challenge and the social aspect this class offers.

As with any activity on wheels there is an inherent risk of injury, therefore I take students' safety very seriously. Safety equipment including a helmet and wrist guards are mandatory for all and will be provided by the school. Elbow and knee pads can also be provided but are not mandatory. The school will also provide each student with their own pair of rollerblades in the appropriate size. It must also be stated that when the class is ready they will be skating outside around the school area, staying only within the parks. Classes will stay inside if it is raining, snowing, wet or below 35\*.

The students will be taught the following fundamental skills:

- Proper equipment use
- Proper falling technique
- Correct body posture
- Balance and weight transfer
- Stopping techniques
- Gliding and striding
- Turning techniques

By signing this letter you are allowing your child to fully participate in the Stuyvesant Rollerblading class. I am looking forward to the opportunity of teaching your child the great activity of rollerblading. If you have any questions, please feel free to contact me at any time.

Sincerely,

Vasken Choubaralian

Physical Education Teacher, Dean

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Student's Name (print)

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Student's Signature

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Parent/Guardian Signature