



FAQ - Fit for Life



What you need to know about Ozark Summer School's Fit For Life.

Why does Fit for Life have a longer schedule than regular summer school?

Fit for Life for grades 9-12 has included a July component for several years. There are several reasons for this. To receive summer school credit, a student must attend 60 hours. We feel that spreading this 60 hours over two months helps keep the classroom and workouts shorter, more focused and keeps athletes active all summer.

What if my child has to miss for summer vacation or camps?

We realize and understand there are summer trips and camps and that some students may need to miss more than others. That's perfectly OK. To receive a credit for Fit for Life, a student can miss up to five days. Students, however, can still participate even if they are not seeking credit.

Do I need to call the absence line if my student will miss?

Yes.

Is this class required for athletes?

Fit for Life is not required to participate in high school sports. When it comes to OHS sports, we are a member of a very competitive conference, the COC, and have limited space on our teams with 400+ students per grade level. We want to give our athletes every opportunity to be successful, so we provide activities over the summer such as Fit for Life and open fields/gyms/courts.

Here's an example where attending/not attending can make a difference: Player A and B have the same skill level and are on the bubble of being cut. Player A has attended as many activities as he/she could throughout the summer and Player B has not. Player A will probably be chosen because he/she has shown a higher level of commitment to the team.

How do I register my student if he/she is not taking Fit for Life for a credit?

Please enroll your students in the class as normal. If your student misses more than five days, they will automatically be withdrawn from the class with no penalty to their transcript.

Could Fit for Life negatively affect my child's GPA?

If your student has a GPA higher than a 4.0, an extra summer school class will lower their GPA. For those students, if they earn an A in the summer school class, that class may be "reprieved," which allows the student to earn credit but removes the effect of the grade. Reprieves are done automatically after junior year for all eligible students — there is no need to request it. You can find out more information on page 4 in the OHS Course Planner [here](#).