

Bullis Physical Education Credit Information

Upper School Athletics & Activities

In order to fulfill your Bullis Physical Education requirement in the Upper School, you must:

- At a minimum, participate in TWO trimesters of either athletic and/or activity credits EVERY year
- You may not do three trimesters in a year **with the expectation** of only doing one trimester the following year. It will not count.
- ALL freshman must participate in the fall trimester by joining one of the fall athletic or fall activity options
- One of the two credits for your freshman and sophomore years MUST be an athletic option
- Juniors and seniors still need to complete two trimesters of credits, but neither has to be an athletic option specifically

Fall Start Date Information:

- Please look carefully at each option listed on the “Athletic & Activity Preseason Fall Start Dates 2017” page for the EXACT start date of your fall athletic or fall activity option.
- **Pre-season is often a TWO-WEEK period when the fall teams practice, generally twice a day, every day, until the beginning of school.** These practices are **MANDATORY** for anyone wishing to participate on either a Varsity or Junior Varsity team. ***Rosters will be finalized before the first day of classes.***
- If you have difficulty reaching a specific coach, please feel free to contact the Boys’ Athletic Director, Andres Parra, at 301-983-5743 or Girls’ Athletic Director, Kathleen Lloyd, at 301-983-5738.