

Co-Ed Sophomore Swim Class

Proposal By The Student Government

The Problem:

- Sophomores are required to take a co-ed swim class

So What?

- Certain religions prohibit co-ed swimming.
 - We understand that if the student has a note from a religious leader, the student is excused from swimming. However, this process is tedious and only affects a certain religious group. It also fails to recognize and address those students whose family values may not allow for co-ed swimming.
- Social concerns
 - As teenagers, many students feel very insecure about their body image, especially at such a hormonal stage in their adolescence. We understand that students have the option of wearing a large shirt; however, a wet shirt is virtually as revealing as no shirt.
 - Also, for teenage girls, when they are able to swim one day, but not the next few days, the reason is obvious to the rest of the students, which could lead to the girl feeling insecure knowing that the boys in her class know.
 - These feelings of humiliation and insecurity caused by the co-ed swim class inhibit the students from focusing on the swim lesson and more on trying to hide their body.
- Dress code
 - Co-ed swimming is blatantly against the dress code. From our understanding, the dress code is put in place to make sure students are dressed appropriately for specific reasons, including not distracting other students and creating an environment for education. With a mixture of hormones, insecurities, and revealing clothing, a prosperous learning experience will not be able to be achieved.

Option 1: Not Require a Swim Class for Sophomores

- This option will definitely evade the issue of co-ed swimming, however we believe, as does the Athletic Department, that learning how to swim is a crucial life skill.

Option 2: Separate Swim Classes by Gender

- There is an A and B class, so it is possible to have a class of all girls, and another of all boys, at least for the swimming unit.
- We believe this to be the best option because:

1. Students will feel comfortable.
2. Students will be able to focus on learning how to swim, therefore becoming better swimmers.

Execution

- During the swimming unit for sophomores, all girls are in group A and all boys in group B.

Conclusion

We believe that co-ed swimming should be reconsidered in order for both the girls and the boys to feel more comfortable so they can focus on learning how to swim, an important life skill. Additionally, this proposal can also solve the religious aspect altogether.