



Canyon Crest Academy

5951 Village Center Loop Road
San Diego, CA 92130
T: (858) 350-0253
F: (858) 350-0280
www.sduhsd.net/cc

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Dieguito**
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April 26, 2010

To Whom It May Concern:

Our records indicate that you have not taken the FitnessGram test, mandated by the state of California for all freshmen students. You have not taken the test since you are not enrolled in any type of PE course during the current school year and that is when the testing is typically administered.

Deadline to submit your testing results is May 15th, 2009. To expedite the completion of the test, we will be offering testing on Friday, April 30th and Monday, May 3rd at 8:15am in the CCA Gym. (As a freshman you would not be taking a STAR exam at that time and would be available.) You can change in the locker room and meet us (Mr. Shanahan and/or Ms Haller) in the main gym where we will explain the 6 tests, get you warmed up and then proceed with the tests.

The tests consist of the following:

1. Body Composition (Height and Weight);
2. Cardiovascular Endurance (Mile Run);
3. Upper body strength (Push Ups);
4. Core body strength (Sit Ups);
5. Flexibility (Sit and Reach);
6. Lower back strength (Trunk lift).

Please select the day that is most convenient for you from the above indicated information and sign up by emailing Ms. Haller.

Again, completing this test by the above deadline is mandated for California public school students.

If you have any questions you can call or email either Ms. Haller (nicole.haller@sduhsd.net) or Mr. Shanahan (Jason.shanahan@sdushd.net) at 858-350-0253 x4218.

Thank you for your cooperation,

Nicole L. Haller
Jason Shanahan
Department Chairs-Physical Education and Health