

Summary of data collected regarding late high school start times and Extracurricular Activities

June 10, 2014

On April 30, 2014, the AACPS late high school start time work group met to discuss among many things, the impact of a later high school start time on athletic and extra-curricular activities. The work group set out to answer the five basic questions outlined below:

1. *What impact either positive or negative has moving to later high school start times had on your districts athletic program?*
2. *What challenges did you face when implementing the later start times? Have you worked through these challenges or do they continue to be challenges?*
3. *Are there any lessons learned that you could share with us regarding changing your HS start times?*
4. *Could you provide any advice to us as we contemplate our high school start times?*
5. *How did changing your high school start times impact the greater community? Any impact on recreation programs?*

In order to collect data that would best address the questions above, AACPS staff reached out to several school districts and/or school across the country who have implemented late high school start times.

In total, 11 individuals were contacted spanning the following schools/school districts, including:

Minnesota:

St. Louis Park High School
Mahto Medi High School
Edina High School
Woodburry High School
East Ridge High School
Park High School

Virginia:

Loudon County School District
Arlington County Public Schools

Wyoming:

Jackson Hole High School

Colorado:

Fairview High School
Boulder High School

Contacts within each of these districts or schools included both athletic directors and/or coordinators.

Further, three of the contacts agreed to participate by phone in the AACPS work group meeting, which took place on April 30, 2014. These contacts were:

*Activities Director
East Ridge HS, Minnesota*

*Activities Director
Fairview HS, Boulder,
Colorado*

*Activities Director
Jackson Hole HS, Wyoming*

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The following summarizes the feedback that AACPS staff received as part of the data collection. This feedback was collected during phone calls by AACPS staff to each of the individuals as well as by the three individuals who participated in the April 30 School Start Time Task Force Meeting.

Comments: Edina HS has been practicing late start times for almost 12 years. There are not currently any real issues that they deal with regarding the late start. Some of the minor issues have to do with field space and sharing their space with rec programs and students missing classes due to games with other schools that don't have late start times. Currently, Edina is the only HS in the district.

Comments: Contact reports no major issues with the later start time. The only minor issue has been related to field space and sharing their fields with rec programs. Overall though, it's been a good experience. All stakeholders have bought into the change and the mindset is slowly changing for the better. Some coaches have taken advantage of the late start by scheduling morning practices. This has worked out well for students as they are free at the end of the day.

Comments: According to the coordinator of athletics for the district. They have been starting later since 1999, so they are running smoothly now. They really don't experience any significant issues due to the late start time. They work with parks and recs to accommodate the rec programs and field space needs. The only minor issue has to do with sharing gym space among the various teams and field light in the early spring. For example three basketball teams compete for gym time. In the past, they split up the gym into 3 time slots. The last slot was 6-8 pm. Now the last gym slot is potentially 8-10 pm. This is really late for HS students. One option for coaches is to have practice in the morning before school. The other positive is that they have been able to pick up coaches from elementary and middle schools since they start earlier and get out earlier than the high schools. In the past, good coaches who taught ES and MS couldn't coach.

Comments: Arlington has been on later start times since early 2000s. They haven't experienced many heavy issues. Their main issues are dealing with "daylight" sports or sports that take place when it gets dark early. They have not seen any drop in participation due to the time changes. Contact also oversees drivers ed and feels that a late start time may be safer for HS drivers since they aren't as tired when they are driving in the morning.

Comments: In the case of St. Louis Park HS, there wasn't much positive to say about the change from an athletic/activities perspective. The major problem with starting 45 min. later for this school is that students are getting home later at night after athletics are finished. But more importantly is that since they are the only HS in the district, they are dependent on high schools in other districts to compete. These high schools haven't adjusted their start times and thus many games are beginning when their kids are still in school. This is impacting students getting out of school earlier and staff needing coverage if they coach. They have not seen any impact on cost or participation rates.

Comments: Their situation is very similar to that of St. Louis Park HS. They are the only HS in the district and are therefore traveling outside of their district for games. Since other HS programs haven't modified their start times, students are getting out of school extremely early to attend games in other areas. Their biggest issue county wide is field space. There is limited recreation field space in their county, therefore rec teams depend on the schools two turf fields. However, rec sports are not adjusting their times to later in the day and are therefore in competition for the school's fields for practice and games. The high school has had to cut some of their practices short to accommodate rec team practices and games. This has caused a huge conflict for teams. It has also impacted their swim team, since the school doesn't have a pool, they have been using the community pool, which is only available from 3-5 pm. Because they are in school until almost 4:00, the swim team has had to cut back practice time considerably.

Comments: According to district coordinator of athletics, there are currently 2 high schools in Boulder that start later in the morning, Fairview and Boulder HS. From a district perspective, she has had no major issues due to the later start time. Schools that compete with these schools have been great about adjusting start times for games to accommodate their later start time. The only real issue that she has dealt with is due to daylight savings. Spring sports that begin before the time change are limited because of daylight. Only one of the two schools has lights, which means limited practice times for a few weeks in Feb and March. Rec field space is not an issue since most of the rec teams use the district's elementary and middle school fields.

Athletic Director at Fairview HS, did not have many positive comments to share about the time change. His perspective was much different than his district coordinator. His biggest problem is with early games and late practices. With regard to games, students are missing a lot of class time due to playing other teams that haven't moved back start time. With regard to practice, kids are getting home much later than they used to and this takes a toll as well. He also mentioned some