

An interview with Coach Frank Aguilar of Harlandale High School

How do you think the Project Measure Up volunteers did while assisting you in FitnessGram Testing?

The Project Measure Up volunteers did a great job assisting with the FitnessGram testing. They were easy to work with and willing to do whatever was asked of them.

Did the volunteers conduct themselves in a professional manner?

All volunteers conducted themselves in a professional manner. They were dressed appropriately and willing to work to get the job done in a timely manner and in a successful manner. The students were able to recognize them as workers there to help the testing go fluently and orderly.

What sort of plan did you put in place to make sure the FitnessGram testing would run smoothly?

I began planning before school started this year. I met with the Vice Principal of curriculum and set the best dates available for us to test. Also, contacted you guys early to reserve the dates for you all to come assist with testing. We were able to set it up where we had four days to test the entire campus. The first day we tested all freshmen through their Math classes, then the sophomores through their Social Studies classes, the next day was the juniors through their English classes, and finally the seniors through their Science and elective classes. We had two gyms available to use with two or three classes in each gym. The volunteers and our PE Staff were split up to administer the test in each gym for each class period. This helped because the gyms were not over-crowded and the test was administered successfully with fewer students in each gym. Overall with the volunteers and our PE Staff the testing went smoothly and was a success.

One thing I saw while I was assisting was the collaborative nature of the coaching staff. Was it easy for you and your coaches to work together on this?

Yes, it was easy to work together. Our staff is a great group of teachers and coaches who understand that the FitnessGram Test is mandated by the state. I think being organized and the coaches aware of their duties and responsibilities helps everyone work and get things done. A schedule of all the classes coming to test was made with “time” and “site to report to.” All the coaches and teachers were given this schedule

prior to the dates of testing. Our coaches and teachers were very cooperative and encouraged our students to do well, which made the whole test run smoothly.

How often do your kids train for FitnessGram Testing?

We include exercises and training sessions almost every day in our daily routine for PE classes that will help students prepare for FitnessGram Testing. It is a little more difficult to train the others who do not have PE but we let them know in advance and some may prepare on their own since they have taken the test in the past.

What sort of advice would you give other coaches in other schools and school districts?

The only advice I would give is to be organized, use project measure up, and have your staff, teachers, students, parents, and administrators aware of the importance of the FitnessGram Test and the health of our students today. Good health will help students in a variety of ways, in school, health-wise, and to feel good about themselves. Get everyone on board, work together and the FitnessGram Testing should be successful.