

Michelle V. Emert
Parkrose High School
Portland, OR 97220
28 September 2015

Dear OSAA Executive Board,

My name is Michelle Emert, a senior at Parkrose High School and a second-year member of the Parkrose Elite Dance Team. I'm writing to you regarding your amended rules that currently make me ineligible to compete in competitions, due to my lack of 8.50 credits. I spoke with my athletic director, Dave Richardson, and he suggested I apply for a Hardship. The reason why I'm short the amount of credits I am is because of being absent most of my Freshmen year, *due to medical reasons.*

I struggled with Anorexia-Nervosa and anxiety three years ago, and started treatment at the end of eighth grade (2012). This resulted in missing about a month of school, since the treatment center I was going to hospitalized me for two weeks. I spent the majority of my summer attending a day program, then was hospitalized again due to a relapse. My second hospitalization was at the beginning of my freshmen year. I would then travel from Portland to Denver, Colorado to a special treatment center for two and a half months. The period that I spent at the Denver treatment center was traumatizing and made me more anxious. After returning to Portland in November, my therapists advised that I stay out of school for a couple of months to adjust to the transition.

When I did return to school in late February of 2013, my counselor gave me a two class schedule to start with, then added two more classes. My schedule was:

Algebra I (0.50 credit that was missing from 8th grade)
Concert Choir (0.50)
Physical Science (0.50)
Teacher Aide (0.50)

Although I did not enroll in a Freshmen English class, those credits were completed in Summer School. I'm behind on my elective credits the most because I had to take core classes that were required first.

Dance for me has been a life-changing experience. It taught me how to accept myself and has raised my self-confidence. It has not only helped me in my recovery, but with finding new friends and making positive memories.

Thank you for taking the time to read this. I really appreciate it and am willing to put in the work I need to in order to graduate and continue to participate in Dance.

Signed,

A handwritten signature in black ink, appearing to read "Michelle Emert".

Michelle Emert