



**Alaska Association of Student Government**

**Resolution #4**

**Implementation of a Morning Open Gym Program for Eligible Students**

**Submitted by: Timothy Somers**

**Submitted: April 21, 2026**

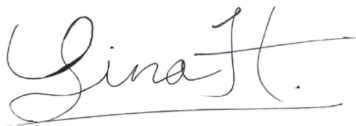
**Be it Resolved by the Alaska Association of Student Governments that**

1. **Whereas**, currently, the high school gym is not open for student usage before school hours;
2. **Whereas**, Glennallen High School requires an adult supervisor at all times when students use the gym;<sup>1</sup>
3. **Whereas**, limited access to school athletic facilities may lead to unsupervised or unauthorized use;
4. **Whereas**, students across grade levels have expressed interest in increased access to school athletic facilities;
5. **Whereas**, extra time in the gym would increase students' interest in sports;
6. **Whereas**, student-athletes have higher pass rates, attendance, and average GPA;<sup>2</sup>
7. **Whereas**, providing structured before-school activities encourages earlier student arrival and may reduce tardiness;
8. **Whereas**, schools that provide access to facilities outside of regular hours require supervision policies to ensure student safety and liability compliance;<sup>3,4</sup>
9. **Whereas**, structured and supervised access to school facilities reduces unauthorized use by students;<sup>3,4</sup>
10. **Whereas**, school districts commonly implement staff, volunteer, or approved supervisor systems to monitor extracurricular facility use;<sup>4</sup>
11. **Whereas**, for students ages 15-18, it is suggested a higher level of fitness is directly correlated to higher concentration and faster processing speed;<sup>5</sup>
12. **Whereas**, higher levels of physical activity before school result in higher levels of self-control and inhibition;<sup>6</sup>
13. **Whereas**, higher physical activity would lead to fewer symptoms of depression or anxiety in students, as well as increased overall well-being;<sup>7</sup>

**Therefore, be it resolved by the Alaska Association of Student Governments that a supervised morning open gym program, operating within a defined time window before the start of the school day, should be implemented.**

**Action Statement:** If passed by the General Assembly of AASG, Glennallen Student Council will take this matter to the Glennallen principal to be evaluated.

*The resolution passes with unanimous consent.*

A handwritten signature in cursive script that reads "Lina H.". The signature is written in black ink and is positioned above a horizontal line.

AASG Vice President, Lina Hischer

A handwritten signature in cursive script that reads "Kassandra Mirosh". The signature is written in black ink and is positioned above a horizontal line.

AASG Executive Director, Cassandra Mirosh

### Sources:

1. *2024–2025 Student Handbook*. Copper River School District, 2024, p. 23, [https://core-docs.s3.us-east-1.amazonaws.com/documents/asset/uploaded\\_file/675/Copper\\_River\\_School\\_District/4733396/2024-2025\\_Student\\_Handbook.pdf](https://core-docs.s3.us-east-1.amazonaws.com/documents/asset/uploaded_file/675/Copper_River_School_District/4733396/2024-2025_Student_Handbook.pdf).
2. “The Case for High School Activities.” *National Federation of State High School Associations*, <https://www.nfhs.org/stories/the-case-for-high-school-activities>.
3. “902 – Guidelines.” *Prior Lake-Savage Area Schools*, [https://www.plsas.org/uploaded/School\\_Board/Policies/900/902\\_-\\_Guidelines.pdf](https://www.plsas.org/uploaded/School_Board/Policies/900/902_-_Guidelines.pdf).
4. “School Facility Usage Policy.” *Somerset Public Schools*, <https://www.somersetschools.org/documents/Departments/Buildings%20and%20Grounds/SPS%20School%20Facility%20Usage%20Policy.pdf>.
5. Rodriguez-Ayllon, María, et al. “Physical Activity and Attention in Adolescents: A Systematic Review.” *Scientific Reports*, vol. 13, 2023, article 50721. *Nature Publishing Group*, <https://doi.org/10.1038/s41598-023-50721-0>.
6. Singh, Amika, et al. “Physical Activity and Performance at School: A Systematic Review of the Literature Including a Methodological Quality Assessment.” *Archives of Pediatrics & Adolescent Medicine*, vol. 166, no. 1, 2012, pp. 49–55. *U.S. National Library of Medicine*, <https://doi.org/10.1001/archpediatrics.2011.716>.
7. Centers for Disease Control and Prevention. “Benefits of Physical Activity.” *CDC*, <https://www.cdc.gov/physical-activity-basics/benefits/>.