

RYAN MICKEY

- **Letter from Raquel Funches, Restorative Justice Program at Southwestern College.**
- **Ryan's Education Plan to obtain his Degree in Kinesiology**
- **Ryan has Obtained an A+ Grade throughout his classes**
- **Ryan's Plan for after Release**

June 30, 2022

To Whom It May Concern:

This letter of support is written on behalf of Ryan Mickey (CDCR#AD2970) to be immediately released from Richard J. Donovan (RJD) Correctional Facility following Ryan's clemency being granted promptly. I have had the privilege of working directly with Mr. Mickey since 2020 in my capacity as the Restorative Justice Project Specialist at Southwestern College. The Restorative Justice Program, Southwestern College's prison education program, is offered at RJD. Additionally, the program supports formerly incarcerated students on our college campus. Over the years, I have developed a very high regard for Mr. Mickey based on the outstanding contributions he's made toward achieving his academic goals.

Mr. Mickey has been actively enrolled at Southwestern College since Fall 2020. He is currently working toward an Associate Degree for Transfer in Kinesiology. As a result of his academic fortitude, Mr. Mickey has earned and maintained a solid 4.0 GPA. Mr. Mickey has shared that his long-term academic goal is to transfer to San Diego State University and acquire a Bachelor's Degree in Kinesiology. Mr. Mickey is a remarkable student whom I believe has the capability and intellect to succeed at a four-year university, specifically in a graduate program should he wish to pursue his higher education beyond attaining a Bachelor's Degree. Furthermore, Mr. Mickey has recently created an exercise and nutrition curriculum to develop a class at RJD to teach incarcerated individuals how to structure their workouts and nutrition plans to achieve specific goals related to their health and fitness. The purpose of this class is ultimately concerned with improving the health and well-being of incarcerated people.

Should Mr. Mickey be released, he'll continue his studies at Southwestern College prior to his transfer to San Diego State University. Mr. Mickey's college transcripts have been properly evaluated by our dedicated Restorative Justice Counselor and I am confident, given the opportunity, that he will be a positive contribution to any student body. At Southwestern College, our Restorative Justice Program offers a variety of wrap-around academic and support services to our students and can assure that Mr. Mickey will continue to have a reliable campus wide support network. His successful transition from incarceration to education is our primary effort and goal.

I welcome the day that Ryan Mickey is able to leave behind the gray walls and barbed wire perimeter of prison and given the opportunity to continue his educational pursuits. Without reservation nor compromise, I can 100 percent support Ryan Mickey's release from Richard J. Donovan Correctional Facility.

Respectfully,

Raquel Funches
Project Specialist, Restorative Justice Program



CSU

Updated: / / by
 Updated: / / by
 Updated: / / by

SOUTHWESTERN COLLEGE STUDENT EDUCATION PLAN (SEP)

GENERAL EDUCATION BREADTH REQUIREMENTS FOR CALIFORNIA STATE UNIVERSITY (CSU)

CAMPUS GE YEAR MAJOR YEAR
 NAME: Mickey, Ryan ID: 1121184 DATE: 7/5/22
 SWC MAJOR: Kinesiology CODE: 01365 COUNSELOR: Annette Rempt
 TRANSFER MAJOR: _____ CAREER GOAL: _____

VA BENEFITS FINANCIAL AID
 PREVIOUS COLLEGE PREVIOUS DEGREE
 EOPS ADT/TAG

AP/IB SCORES	IN	EVAL	NEED	PREVIOUS COLLEGES	IN	EVAL	NEED
				1			
				2			
				3			
				4			

NON DEGREE AND/OR NON TRANSFERABLE	ND	MET	IN	NEED

PREREQUISITES:	MET	IN	NEED

GENERAL EDUCATION REQUIREMENTS	MET	IN	NEED
A. ENGLISH/COMM/CRITICAL THINKING: (9-10 Units)			
▲ 1: COMM 103 or 104 or 174			3
▲ 2: ENGL 115			4
▲ 3: English 116			4

MAJOR PREPARATION:	MET	IN	NEED
ES/T 202			3
Bio 260 (Bio 100 & 101 Pre req)			4
Bio 261 (Chem 100 pre req)			4

B. PHYSICAL/LIFE SCIENCES AND MATH/QUANT REASONING: (9-12 Units)	MET	IN	NEED
1: Bio 100			3
2: Bio 101			1
3: Geog 100	3		
▲ 4: Psych/SOC 270		3	

Select One Course From three of the following areas:

Aquatics			
Combatives			
Dance			
Fitness			
Individual Sports			
Team Sports			
Chem 100			4
Psych/Soc 270		GE	

C. ARTS & HUMANITIES: (A minimum of 9 Units)	MET	IN	NEED
1: Art 104			3
2: Phil 101	3		
3: (C1 or C2) Phil 106 OR Phil 120			3

ELECTIVES	MET	IN	NEED
Anth 101	3		

D. SOCIAL SCIENCES: (A minimum of 9 Units)	MET	IN	NEED
1: Hist 101	3		
2: Mas/SOC 170 (Area F)			3
3: Hist 100			3

E. LIFELONG LEARNING AND SELF-DEVELOPMENT: (3 Units)	MET	IN	NEED
1: Hlth 101 or Hlth 204			3

AMERICAN IDEALS: (6 Units)	MET	IN	NEED
1: Hist 100	X		
2: Hist 101			X
TOTAL GE			42

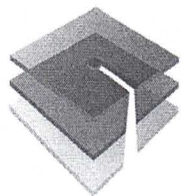
GRADUATION REQUIREMENTS (WITH A GRADE OF "C" OR BETTER)	MET	IN	NEED
MATH PROFICIENCY		X	
READING PROFICIENCY			X
ENGLISH PROFICIENCY			X
TOTAL UNITS			60

▲ Golden Four Required for Transfer with a C or Better Grade.

It is the student's responsibility to keep informed of the changes in transfer requirements.

Ryan Mickey
 Student Signature

KINESIOLOGY



Associate Degree for Transfer

*A Degree with a Guarantee.*SM

Student Transfer Achievement Reform (STAR) Act (SB1440)

Associate in Arts

Transfer Preparation* (Major Code: 01365)

The Kinesiology Program offers a wide range of possibilities for the student who wants to pursue a degree in the interdisciplinary approach to the study of human movement, athletic training, physical education, pre-physical therapy, human anatomy, human physiology, and the social and psychological aspects of exercise, fitness and sport.

Provides exploration of career opportunities in areas of sport, movement, exercise and fitness, including teaching, coaching, and fitness professions.

Program Student Learning Outcome

- Student will be able to analyze data from clients in regards to strength, flexibility, cardio-respiratory endurance, and body composition in order to create an individual fitness program.

The following is required for all AA-T or AS-T degrees:

- Completion of minimum 60 semester or 90 quarter units of transferable degree applicable courses.
- Minimum overall grade point average (GPA) of at least 2.0 in all CSU transferable coursework.
- Minimum 18 semester or 27 quarter units in major or area of emphasis with a minimum grade of "C" (or "Pass") for each course in the major.
- Completion of the California State University General Education (CSU GE) Breadth pattern or the Intersegmental General Education Transfer Curriculum (IGETC) pattern for CSU. For more information, refer to the catalog section, "Certificate of Achievement (<http://catalog.swccd.edu/certificates-certifications-degrees-csuuc-requirements/certificates/certificate-achievement/>)" under Graduation, Certificates, and Degree Requirements.

Code	Title	Units
Required Core		
ES/T 202	INTRODUCTION TO KINESIOLOGY	3
BIOL 260	HUMAN ANATOMY	4
BIOL 261	PRINCIPLES OF HUMAN PHYSIOLOGY	4
Movement-Based Courses ¹		
Select one course maximum from three of the following areas (I. Aquatics, II. Combatives, III. Dance, IV. Fitness, V. Individual Sports, VI. Team Sports)		3-7
I. Aquatics		
ES/A 112	STAND UP PADDLING - BEGINNER	
ES/S 121	ADAPTED AQUATIC FITNESS	
ES/A 155	SWIMMING I	

ES/A 223	BEGINNING SAILING
ES/A 227	AQUATIC EXERCISE I
ES/A 238	BEGINNING SURFING
ES/A 260	WATER POLO I

II. Combatives

ES/A 257	TAEKWONDO I
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III. Dance

DANC 109	MODERN DANCE I
DANC 113	BALLET I
DANC 117	JAZZ DANCE I
DANC 137	AMERICAN BALLROOM AND SOCIAL DANCE I
DANC 141	LATIN DANCE I
DANC 145	AFRICAN DANCE I
DANC 149	CONDITIONING FOR DANCERS
DANC 150	TAP I
DANC 160	LYRICAL VARIATIONS I
DANC 170	HIP HOP I
DANC 181	MUSICAL THEATRE DANCE I
DANC 190	BALLET FOLKLORICO I
DANC 195	BALLET POINTE AND PARTNERING I

IV. Fitness

ES/A 101	BODY SCULPT I
ES/A 105	BEGINNING RUNNING FOR CARDIOVASCULAR FITNESS
ES/S 106	ADAPTED FLEXIBILITY FITNESS
ES/A 110A	ATHLETIC STRENGTH AND POWER INTRODUCTION
ES/S 113	ADAPTED PERSONALIZED FITNESS
ES/A 121	BEGINNING CROSS TRAINING FITNESS
ES/A 125	BEGINNING CARDIO-FITNESS
ES/A 131	FLEXIBILITY FITNESS I
ES/A 186	FITNESS EDUCATION CENTER: FOUNDATIONAL FITNESS TRAINING I
ES/A 190	INTRODUCTORY WEIGHT TRAINING AND PHYSICAL FITNESS
ES/A 203	BEGINNING FITNESS WALKING
ES/A 264	BEGINNING YOGA
ES/A 280	BEGINNING HIKING FOR FITNESS

V. Individual Sports

ES/A 135	BOWLING - BEGINNING
ES/A 143	BADMINTON I
ES/A 147	GOLF I

VI. Team Sports

ES/I 102	INTERCOLLEGIATE BASEBALL I
ES/I 106	INTERCOLLEGIATE BASKETBALL I
ES/I 111	INTERCOLLEGIATE CROSS COUNTRY I
ES/I 117	INTERCOLLEGIATE SOCCER I
ES/I 123	INTERCOLLEGIATE TENNIS I
ES/I 126	INTERCOLLEGIATE TRACK AND FIELD I
ES/I 129	INTERCOLLEGIATE VOLLEYBALL I
ES/I 132	INTERCOLLEGIATE SOFTBALL I

ES/I 138	INTERCOLLEGIATE SWIMMING AND DIVING I
ES/A 151	BEGINNING TENNIS I
ES/A 162	BEGINNING BASKETBALL
ES/A 167	BEGINNING VOLLEYBALL
ES/A 170	SAND VOLLEYBALL I
ES/A 178A	SOCCER I
ES/A 182	SOFTBALL I

List A

Select two courses 6-8

CHEM 100	INTRODUCTION TO GENERAL CHEMISTRY
or CHEM 170	PREPARATION FOR GENERAL CHEMISTRY
HLTH 110	FIRST RESPONDER
MATH 119	ELEMENTARY STATISTICS
or PSYC/SOC 270	STATISTICS FOR THE BEHAVIORAL SCIENCES
BIOL 100 & BIOL 101	PRINCIPLES OF BIOLOGY and PRINCIPLES OF BIOLOGY LABORATORY
PHYS 270 & PHYS 271	PRINCIPLES OF PHYSICS I and PRINCIPLES OF PHYSICS LABORATORY I

Total Units **20-26**

¹ Movement-Based Courses that vary in units must be taken at 1 unit minimum.

* Students planning to transfer to a four-year college or university should complete courses specific to the transfer institution of choice. University requirements vary from institution to institution and are subject to change. Therefore, it is important to verify transfer major preparation and general education requirements through consultation with a counselor in either the Counseling Center or Transfer Center. See catalog Transfer Courses Information (<http://catalog.swccd.edu/student-services-college-services/other-college-services-students/transfer-courses/>) section for further information.

FROM RYAN MICKEY

My plan after release is to finish school in the field of Sports Medicine. I have been studying for the last sixteen years completely on my own, way before college classes were even available to me. My goal is to receive a bachelor's degree in Kinesiology with an emphasis in Exercise Physiology then receive a Master's degree in Physical Therapy.

I have read so many books on Anatomy, Clinical Anatomy, Physiology, Clinical Physiology, Sport Pedagogy, Biomechanics, Sports Nutrition and Clinical Sports Nutrition. This is not just what I want to do with my life, it is a passion. I would rather read a Sports Medicine textbook than a novel. Science is my favorite subject and it entertains me.

My first step, right when I get out is to get re-certified in personal training. I have prepared myself for four exams. Prior to coming to prison, I had all of the following certifications. (The first thing I have to do as a requirement before I can even take these exams is get re-certified in Cardiopulmonary Resuscitation and Automated External Defibrillation.)

- #1 C.P.T certification through: THE NATIONAL ACADEMY OF SPORTS MEDICINE
- #2 Nutrition Coach Certification through: THE NATIONAL ACADEMY OF SPORTS MEDICINE
- #3 Corrective Exercise Certification through: AMERICAN COLLEGE OF SPORTS MEDICINE
- #4 C.P.T certification through: THE AMERICAN COUNCIL ON EXERCISE

Before I came to prison I worked in the fitness industry for years. But, what I want to achieve now is to turn this into a career in the field of Sports Medicine. Not just personal training in fitness clubs, I want to work with elite athletes in controlled laboratory training facilities.

I was also a commercial/industrial Electrician by trade but this is not what I want to do with my life. I can still use these skills to make extra money on the side, but my main focus is going to be on getting my degrees and working in the fitness industry.

I will be living in the Windansea area of San Diego, I will not have any trouble with finances being that I have a very strong support system.

- I am not involved with gangs or drugs
- Nobody in my family is involved in gangs or drugs
- I will not be going to Bars or clubs
- I will not be associating any convicted felons

Upon release I will be staying with my Mother and Father Gary & Anna Mickey. They will be supporting me, (as they have for the past 16 years) supplying me with an automobile and finances until I am on my feet and able to support myself. They will help me every step of the way and make sure I am okay and have everything I need.

My passion in life is the ocean, I have been surfing all my life and that; other than school, work and family are the only things I will be doing. I have absolutely no interest in drinking or partying. I have spent the last 16 years training my body and following strict nutritional and strength training regimens. I will be a functioning productive member of society.