



Loomis Chaffee Athletics and After School Program

All students are required to participate in a LC program all 3 seasons each year

9th Graders must minimally fulfill the equivalent of 2 Team and 2 Physical Exertion activities during the year.

10th Graders must participate in at least 1 season of Team and 2 seasons of any other options.

Independent Study Program: ISP are for students who excel in their sport, music or art. There is an application process.

Fall

Winter

Spring

Team and Physical Exertion

V & JV Football	V, JV Girls Cross Country
V, JV, 3rds Field Hockey	V, JV Boys Water Polo
V, JV, 3rds Boys Soccer	Equestrian
V, JV, 3rds Girls Soccer	Intramural Soccer
V, JV, 3rds Volleyball	Intramural Crew
V, JV Boys Cross Country	Dance Company
	Fall Play

Team

Robotics	Team Manager
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Physical Exertion

Cardio Fitness ^	Agriculture
Performance Training	Ballet Technique
Squash	Athletic ISP
Tennis	

Afternoon Programs

Music ISP	Community Service
Art ISP	Athletics Training

Team and Physical Exertion

V, JV, 3rds Boys Basketball	V, JV, Boys Squash
V, JV Girls Basketball	V, JV, Girls Squash
V, JV Boys Ice Hockey	V Boys Swimming and Diving
V, JV Girls Ice Hockey	V, JV Wrestling
V, JV Girls Ice Hockey	Equestrian
V Girls Swimming and Diving	V, JV Alpine Skiing
	Intramural Basketball
	Dance Company
	Musical

Team

Robotics	Instrumental Ensemble
Debate	Math Team
Science Team	Team Manager

Physical Exertion

Cardio Fitness ^	Winter Jogging
Performance Training	Spin Class (9)
Hip Hop	Club Ski
Yoga	Athletic ISP

Afternoon Programs

Music ISP	Design & Communication
Art ISP	Athletic Training
Community Service	

Team and Physical Exertion

V, JV Baseball	V Softball
Crew	V, JV Boys Track and Field
V, JV Boys Golf	V, JV Girls Track and Field
V Girls Golf	V Girls Water Polo
V, JV, 3rds Boys Lacrosse	Intramural Ultimate
V, JV, 3rds Girls Lacrosse	Frisbee
V, JV Boys Tennis	Dance Company
V, JV Girls Tennis	

Team

Team Manager

Physical Exertion

Cardio Fitness ^	Jazz Dance Technique
Performance Training	Equestrian
Cycling	Outdoor Fitness
Hiking	Yoga
Badminton	Athletic ISP

Afternoon Programs

Art Immersion	Art ISP
Music ISP	Community Service
Athletic Training	

^ Not applicable for 9th graders