



## Interscholastic Athletics and Afternoon Program

**9th grade students and new/returning 10th grade students** are required to participate in two team activities and two physical exertion activities during the year.

**New 11th, 12th, postgraduate students** are required to participate in two team activities and one physical exertion activity during the year.

**Returning 11th and 12th grade students** are required to participate in two team activities and one physical exertion activity OR two physical exertion activities and one team activity during the year.

**Independent Study Program:** An ISP will be offered to only those students who have demonstrated excellence in a specific area that warrants special consideration. An application process is required. An athletic ISP counts as one physical exertion activity.

### Fall

#### Team and Physical Exertion

Boys Cross Country (V, JV)	Girls Soccer (V, JV, III)
Girls Cross Country (V, JV)	Girls Volleyball (V, JV, III)
Co-Ed Equestrian*^ (V)	Boys Water Polo (V, JV)
Girls Field Hockey (V, JV, III)	Intramural Crew* (V, JV, III)
Football (V, JV)	Intramural Soccer
Boys Soccer (V, JV, III)	Dance Company
	Fall Play

#### Team

Robotics	Team Manager
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#### Physical Exertion

Land Management	Life Fitness
Life Fitness Ballet Technique	Performance Training
Life Fitness Cardio (no 9th)	Life Fitness Squash
	Life Fitness Tennis

#### Afternoon Programs

Art Independent Project*	Music Independent Project*
Community Engagement	

### Winter

#### Team and Physical Exertion

Boys Basketball (V, JV, III)	Boys Squash (V, JV)
Girls Basketball (V, JV)	Girls Squash (V, JV)
Co-ed Equestrian*^ (V)	Boys Swimming & Diving (V)
Boys Ice Hockey (V, JV)	Girls Swimming & Diving (V)
Girls Ice Hockey (V, JV)	Intramural Basketball
Co-ed Skiing** (V, JV)	Dance Company
	Musical
	Winter Play

#### Team

Robotics	Science Team
Debate	Team Manager
Math Team	Chamber Music
	Intensive

#### Physical Exertion

Life Fitness Cardio (no 9th)	Life Fitness Spin Class
Life Fitness Hip Hop	Life Fitness Jogging
Life Fitness Performance Training	Life Fitness Yoga
	Life Fitness Ski*

#### Afternoon Programs

Art Independent Project*	Design and Communication
Community Engagement	Music Independent Project*

### Spring

#### Team and Physical Exertion

Baseball (V, JV)	Boys Track & Field (V, JV)
Co-ed Crew* (V)	Girls Track & Field (V, JV)
Boys Golf (V, JV)	Girls Water Polo (V)
Girls Golf (V)	Intramural Ultimate Frisbee
Boys Lacrosse (V, JV, III)	Dance Company
Girls Lacrosse (V, JV, III)	Spring Theater — Improv
Softball (V)	
Boys Tennis (V, JV)	
Girls Tennis (V, JV)	

#### Team

Team Manager
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#### Physical Exertion

Land Management	Life Fitness Jazz Dance Techniques
Life Fitness Badminton	Life Fitness
Life Fitness Cardio (no 9th)	Outdoor Fitness
Life Fitness Cycling	Life Fitness Performance Training
Life Fitness Equestrian*	Life Fitness Yoga
Life Fitness Hiking	

#### Afternoon Programs

Art Immersion Project*	Community Engagement
Art Independent Project*	Music Independent Project*

**All students are required to participate in a LC program all 3 terms**