



Athletics

At SPA we believe the Athletics program is an important and integral part of a comprehensive education that helps develop productive, well-rounded citizens. Athletics are a key part of teaching students to work in teams, overcome obstacles, lead, and set and achieve individual and collective goals. Competition is an essential ingredient of the Athletics program; it enhances work ethic, skill development, personal responsibility, attention to detail, concentration, enjoyment, and self-confidence.

We strive to provide an opportunity for all students to participate in athletics. Whether they are novices trying a new sport or seasoned varsity athletes, all student-athletes are given opportunities to build their athletic skills and experience the camaraderie of being members of a team. While not mandatory, team sports are strongly encouraged and are an important facet of the SPA experience.

SPA student-athletes are expected to challenge themselves, play their best, and respect the efforts of their opponents. Members of the SPA community enthusiastically support student-athletes and consistently cheer them on as they compete. SPA students begin exploring team sports in Grade 3 and compete interscholastically starting in Grade 6. Each year, we average 90 teams in 17 sports.

SPA has a tradition of developing national-caliber collegiate student-athletes. We have done this through excellent coaching, top-notch strength and conditioning training, use of advanced technology, quality facilities, and specific support and counseling for students interested in pursuing college athletics.

INDEPENDENT METRO ATHLETIC CONFERENCE (IMAC)

- The Blake School
- Breck School
- Minnehaha Academy
- Mounds Park Academy
- Providence Academy
- St. Paul Academy and Summit School

Middle School soccer, basketball, baseball, volleyball, and softball teams compete in the Catholic Athletic Association

	Girls	Boys	Lower School Clinics (CO-ED)
FALL	Cross Country (6-8) (9-12) Soccer (6-8) (9-12) Swimming and Diving (7-12)* Tennis (6-8) (9-12) Volleyball (6-8) (9-12)	Cross Country (6-8) (9-12) Football (9-12)* Fusion Football (6-8) Soccer (6-8) (9-12)	Flag Football (3-5) Soccer (3-5)
WINTER	Alpine Skiing (7-12) Basketball (6-8) (9-12) Fencing (6) (7-12) Hockey (7-12)* Nordic Skiing (6-8) (9-12)	Alpine Skiing (7-12) Basketball (6-8) (9-12) Fencing (6) (7-12) Hockey (7-12)* Nordic Skiing (6-8) (9-12) Swimming and Diving (7-12)*	Basketball (3-5) Volleyball (3-5)
SPRING	Golf (7-12) Lacrosse (7-12)* Softball (6-8) (9-12) Track (6-8) (9-12)	Baseball (6-8) (9-12) Golf (7-12) Lacrosse (7-12)* Tennis (6-8) (9-12) Track (6-8) (9-12)	Track (3-5) Baseball (3-5) Lacrosse (3-5)

*Cooperative team



FOR MORE INFORMATION CONTACT:

Director of Athletics

Dawn Wickstrum
dwickstrum@spa.edu | 651-696-1344

Upper School Athletic Director

Ken McNish
kmcnish@spa.edu | 651-696-1447

Lower and Middle School Athletic Director

Taylor Tvedt
ttvedt@spa.edu | 651-696-1326

Administrative Assistant

Hope Walcheski
hwalcheski@spa.edu | 651-696-1345



ST. PAUL ACADEMY
AND SUMMIT SCHOOL

www.spa.edu/athletics