



Upper School Athletics

Upper School students are required to participate in at least one after-school sports activity each year. In Upper School, we have over 16 interscholastic girls' and boys' athletic teams, providing students with abundant opportunities to participate in competitive sports. The majority choose to do so during two or more seasons. Some, but not all, of our teams are grouped by skill level. Students who choose not to play a team sport in a given season are able to contribute to the Friends School athletic program in other ways: by serving as team managers, videotaping games, or keeping statistics.

Friends School fields interscholastic teams that compete in the IAAM (girls) and MIAA (boys) conferences.

FALL	
<u>IAAM</u> Field Hockey Soccer Volleyball Cross Country Tennis	<u>MIAA</u> Soccer Volleyball Cross Country
WINTER	
<u>IAAM</u> Basketball Dance Team (coed) Indoor Track	<u>MIAA</u> Basketball Wrestling (coed) Squash (coed)
SPRING	
<u>IAAM</u> Lacrosse Badminton Softball Dance Company (coed)	<u>MIAA</u> Lacrosse Tennis Baseball Golf (coed)

Independent Physical Activity: For students who compete or participate in sports not currently offered as part of the Athletic Department, they may propose to fulfill their athletic requirement through an IPA proposal, approved by the Athletic Department, which meets the following criteria:

- Activity must consist of a minimum of 50 hours
- Activity is supervised by a certified instructor (not a parent)
- Activity can be fully completed during a sports season (fall, winter, or spring)
- Activity is not offered at Friends School
- Activity takes place at an off campus site
- Activity is tracked through an approved worksheet detailing the specific hours and dates

Physical Education/Athletics

Upper School students must earn **Six Credits (“Four Core Plus Two”)** in PE/Athletics to graduate.

4.0 credits (“Four Core”) must be earned through participation in interscholastic athletics

- 1 sport per year required/1.0 credit per season
- Or, at least 1 approved IPA/1.0 credit per season
- *Managing does not qualify as one of the four core credits*

2.0 credits (“Plus Two”) must be earned through participation in other athletic managing, dance, fitness, wellness classes and/or activities (see below). NB: Participation in interscholastic athletics in a 2nd or 3rd season beyond the required one season per year would also satisfy the additional credits in the “Plus Two” category

<i>Fitness (3 x cycle during L Blocks- self scheduled)</i>	<i>0.5 credit per semester</i>
<i>CPR (2 x cycle during L Blocks)</i>	<i>0.5 credit per semester</i>
<i>Studio Dance 1, 2 (3 x cycle during L Blocks)</i>	<i>0.5 credit per full year</i>
<i>Yoga (1 x cycle during L blocks)</i>	<i>0.5 credit per full year</i>
<i>Sexuality Peer Educator Practitioner Training (2 x cycle during L block)</i>	<i>0.5 credit per full year</i>
<i>Additional sport (beyond the 1 per year required)</i>	<i>1.0 credit per season</i>
<i>Manage a Team</i>	<i>0.5 credit per season</i>
<i>IPA (Independent Physical Activity)</i>	<i>1.0 credit per season</i>
<i>Required 9th and 10th Grade Forum</i>	<i>0.5 credit per year</i>
<i>SAT in MS Athletics* (assisting a MS athletic team)</i>	<i>0.5 credits per season</i>

**with approval of the Athletic Department*