



Co-Curricular Afternoon Requirement

Students must engage in an afternoon activity each term.

Interscholastic Athletics Requirement:

- **Third and fourth formers** must play a minimum of **one** of our interscholastic sports each year.
- **Fifth and sixth formers** must participate in a minimum of **one** season of interscholastic athletics each year, either by playing, managing or student training.

Important Notes:

1. Certain sports are capped at a specific number depending on space, coaches, etc. See below.
2. Sixth formers are able to play JV **only** if space allows
3. Fifth and sixth formers are able to play 3rds **by approval only**. Students can only do 3rds once per sport.

Interscholastic Athletics Teams

* Indicate programs where space may be limited

Fall

Field Hockey – V, JV
Girls' Cross Country – V, JV
Girls' Tennis – V, JV, 3rds*
Girls' Soccer – V, JV
Girls' Water Polo – V, JV*

Football – V, JV
Boys' Cross Country – V, JV
Boys' Golf – V, JV*
Boys' Soccer – V, JV, 3rds
Boys' Water Polo – V, JV

Winter

Girls' Basketball – V, JV, 3rds
Girls' Ice Hockey – V, JV
Girls' Indoor Track,
Girls' Squash – V, JV*
Girls' Swimming and Diving – V, JV
Girls' Fencing
Wrestling V, JV

Boys' Basketball – V, JV, 3rds
Boys' Ice Hockey – V, JV
Boys' Indoor Track
Boys' Squash – V, JV*
Boys' Swimming and Diving – V, JV
Boys' Fencing

Spring

Girls' Golf – V, JV*
Girls' Lacrosse - V, JV, 3rds
Softball – V, JV
Girls' Track and Field
Girls' Crew*
Boys' Crew*

Boys' Golf – V only
Boys' Lacrosse – V, JV
Baseball – V, JV
Boys' Track and Field
Boys' Tennis – V, JV, 3rds*

Non-Interscholastic Afternoon Activity Choices

The following activities DO NOT fulfill the Interscholastic Athletic Requirement. All students participating in any non-athletic programs are required to complete a regular exercise program in that term.

Afternoon Arts (Music, Recording Studio, Visual Art, Theatre, & Theatre Tech): Fall, Winter, and Spring. Contact Mrs. Lim at ylin@thehill.org

Application or Audition Required for Music, Recording Studio, Visual Art, & Theatre. This program is for serious and dedicated students who will consistently demonstrate excellence, discipline and artistry. Driven and committed fifth and sixth form students may apply to participate in three-terms of Afternoon Arts in one discipline. This application process is slightly different. The deadlines to apply are **August 15** for the three-term distinction, September 1 for the fall term, and by midnight before varsity tryouts for winter and spring terms. Go [HERE](#) for more information.

Afternoon Arts: Silverstein Media Arts Collaborative: Fall, Winter and Spring term. Contact Mr. Taubkin at ntaubkin@thehill.org

Requires Approval from Mr. Taubkin by August 15th. Fundamentally, media art is about exploring artistic ideas that conceptually and practically contribute to the growing media landscape. In 2018, the first generation of media artists created and produced webisodes, screen plays, television scripts, podcasts, blogs, and original music. Additionally, media art encompasses the graphic arts (comic, novel). Media art accommodates any emerging media that encourages fresh ideas. Throughout the term, some students will create art for a Media Art Marketplace – a website curated by the artists – that showcases their creative endeavors. Enrollment limited.

The Dial: Fall and Winter Terms; Contact Ms. Miller at cmiller@thehill.org

Requires Approval fourth, fifth and sixth formers only. We are looking for a select few to help design, edit, plan, and photograph for The Dial, The Hill School's yearbook. It is preferred that the Co-Editors work on the Dial as part of their Fall and Winter co-curricular activity. However, consideration will be given to strong applicants who have Fall a co-curricular commitment that prevents them from choosing The Dial as their main co-curricular activity. It is preferred that staff editors work on The Dial for at least one term, either Fall or Winter. However, consideration will be given to strong applicants who would work as a staff editor outside of their primary co-curricular activity. This is a prestigious job that allows you to create a permanent printed keepsake recording the lives of hundreds of students. Be a part of it!

Speech and Debate: Fall and Winter Terms. Contact Mr. Malinak at nmalinak@thehill.org.

Hill Forensics, also known as Speech and Debate, is a competitive team. This afternoon activity brings together a diversity of interests in arts, academics, argumentation, acting, public speaking, current events, and other individual interests of students at Hill under the umbrella of a single team that practices, travels, and competes together. Much like Track and Field, there is a wide range of competitive options. In addition to a decade of success across these events, Hill has a strong group of returning team members in Lincoln-Douglas Debate, where individual competitors address philosophical questions, and Public Forum Debate, a partner event about current events. Just as in any sport, team members are expected to attend daily practices, prepare for their given event(s), and attend competitions regularly as representatives of The Hill School.

Pottstown Community Service: Fall, Winter, and Spring Terms. Contact Mrs. Skitko at cskitko@thehill.org.

This afternoon activity provides an opportunity to serve the greater community as well as learn about The Hill's distinctive Hobart's Run neighborhood improvement initiative. A 501(c)(3), Hobart's Run was launched by The Hill in 2016 to work with residents through projects that create a clean, safe, and inclusive community; provide incentives for home ownership and improvements; and generate positive, sustainable commercial and retail development. Opportunities may include visiting residents of the Manatawny Manor or Keystone Villa care communities; contributing to the restoration of historic Edgewood Cemetery; mentoring children and youths at the Ricketts Center; and tutoring children of immigrant families. We also encourage participants to identify their passions and design their own service projects. From time-to-time students will assist with publicizing community events and take part in neighborhood clean-ups, and they will be asked to share reflections about their experiences. In addition, speakers who represent local nonprofits and other service endeavors will be invited to speak to students throughout each term.

Hill News: Fall, Winter, and Spring Terms. Contact Ms. Body at nbody@thehill.org

Students participating in The Hill News afternoon activity will have an opportunity to shape their own role inside our student-led journalism program. Any student wanting to work on a special project for The Hill News (writing a weekly column; launching a podcast; creating multimedia packages for the website; etc.) is welcome, *regardless of prior experience*. Current editors can use this time to accomplish their production goals. Students hoping to take a leadership role in the future can use this time to shadow editors and to receive training specific to their chosen paths. Afternoon activity is also a good time to cover breaking news stories, so this is a great place for students who want to quickly up their experience with reporting, including photojournalism and videography. Current staff members who would simply like to write or produce more and receive immediate feedback and subsequent publishing are also welcome.

Quadrivium Engineering & Design (Fengineering): Winter and Spring terms. Contact Dr. Ehsan hehsan@thehill.org

New this year Quadrivium Engineering and Design provides various opportunities for students interested in robotics, fabrication and product design, and teaching engineering. Happening in the Winter and Spring terms, students are able to work in the Fabrication lab, learn and work with different rapid prototyping machinery such as CNC router, 3D printer and Laser Cutter, and design and produce products of their own. Students learn about massive production and ways to market their products. *While we encourage students to have a product they want to design in mind, we will be helping students to identify the product, and train them how to design and manufacture it. During the Winter term, students interested in competing at the Technology Student Association (TSA), will provide the space and the materials to work on their project. Students will receive appropriate training. *Teams are only allowed to compete at TSA if the majority of the team members are enrolled in this co-curricular activity. Students who are competing in individual competitions must be enrolled in this program. QED robotics program is offered in both Winter and Spring. Students attending this program will be prepared to participate in different selective robotics competitions. *No prior experience is needed. In partnership with Hobart's Run, QED provide opportunities for students to teach engineering/STEM to Pottstown Local Community.

Non-Interscholastic Afternoon Activity Choices

The following activities DO NOT fulfill the Interscholastic Athletic Requirement. These activities require two seasons of interscholastic athletics.

Fall Crew: Fall term. Contact Mr. Scully at wscully@thehill.org

The Small Boat Training program aims to provide a fall training opportunity for committed rowers, with a focus on small boat skill development and sculling. The development of small boat training skills is crucial to the athlete's long-term development and will improve their overall boat-moving ability in any boat class. The program will also include cardio and strength components, so that athletes will improve both technically and physiologically over the course of the fall. Capacity limited to 20 students. Students that participate in this co-curricular must participate in an interscholastic sport in each of the winter and spring terms. Participants are not eligible for winter erging.

Winter Erging. Winter term. Contact Mr. Ciruolo at sciraolo@thehill.org or Mr. Scully at wscully@thehill.org

Requires approval; priority is given to returning members of the spring racing team. Students must participate in two seasons of interscholastic play at Hill and make a varsity-level commitment in at least one of those sports. The winter program is a rigorous combination of indoor rowing on the Concept 2 ergometer, trail running, weight-lifting, core stability development, and other strength-building and power-endurance work. Stretching, injury-prevention, and progress over time are emphasized. Participants race in the City Slam and/or Main Line Slide.

Strength and Conditioning: Fall, Winter, and Spring Terms. Contact the Athletic Department at seilberg@thehill.org

Requires approval. Admission to this program is contingent on approval by the athletic department. Generally, students in S&C participate in two seasons of interscholastic play at Hill and make a varsity-level commitment in at least one of those sports. Priority is given to upper form students. Sixth formers may have the option to participate in two terms of strength and conditioning. Sixth formers that decide to do two seasons of this activity will be asked to assist the Athletics Department with additional responsibilities during the week and on weekends. Strength and Conditioning is for The Hill student-athlete who wants to improve athletic performance and sport-specific skills in their only off-season. Student-athletes will have the support of our Strength & Conditioning Coach and priority time in the Hill weight room; will have a weekly yoga class to work on flexibility and core strength; are encouraged to do sport-specific skill work; and may pursue opportunities for club team play, after fulfilling S&C program commitments.

Non-Interscholastic Afternoon Activity Choices

The following activities DO NOT fulfill the Interscholastic Athletic Requirement.

Dance: Fall, Winter, Spring Contact: Ms. Cobbs at lcobbs@thehill.org

Limited to 12 students. This afternoon activity focuses on enhancing dance training in the following techniques: ballet, jazz, hip hop, contemporary. Dancers will focus on improving their technical ability and performance quality. Afternoon dancers will participate in a recital at the conclusion of each term. Meets Mon-Fri for about one hour and 15 minutes each day.

Intramural Ultimate: Spring term. Contact Mr. Mellander at kmellander@thehill.org

Fifth and sixth formers priority, under formers will be considered as space allows. Co-ed activity in which students will learn the primary styles of throwing discs and play the game of Ultimate.

Recreational Squash: Fall term. Contact Josh Cardwell at jcardwell@thehill.org

Students participating in this co-curricular activity will learn the game of squash and will have the opportunity to improve their skills daily under the direction of our head boys and girls squash coaches. Meets Monday – Friday.

Spin & Barre: Fall, Winter, Spring. Contact: Ms. Marinucci jmarinucci@thehill.org

Limited to 14 students. This afternoon activity will focus on providing students with a unique exercise experience utilizing Hill's newly purchased spin bikes. Participants can expect a variety of challenging spin classes three times per week, and two barre classes each week. Meets Mon-Fri for about an hour each day.

Rock Climbing: Winter term. Contact Ms. Edwards at medwards@thehill.org

Limited to 18 students. Learn how to climb! Attend training session on campus and off campus learning the skills of top rope, bouldering, movement & positioning, footwork, handwork and team building. Rentals, transportation and instruction is included in this activity! No climbing experience is required. Programming on all days to compliment time on the wall.