



Athletic and Afternoon Activity Descriptions 2022-2023

Interscholastic Athletics

Interscholastic athletics are teams that compete against other teams in our division or regions. Players should anticipate at least four days of practice, weekend and evening games, and additional time allotted for away games. Team rosters are populated by ability. Students must try out for both varsity and junior varsity rosters. The number of teams varies per season, and the size of the roster varies by sport.

- **Fall** offerings include Boys and Girls Cross Country, Field Hockey, Boys and Girls Soccer, Co-ed Golf, and Co-ed Mountain Biking.
- **Winter** offerings include Boys and Girls Basketball, Boys and Girls Ice Hockey, and Boys and Girls Alpine Skiing.
- **Spring** offerings include Boys and Girls Lacrosse, Softball, Baseball, Boys and Girls Tennis, and Track and Field.

Varsity Teams (Fall, Winter, Spring option)

The varsity level requires an advanced level of play. Students should start the season in proper physical condition, have the appropriate fundamental skills, and know basic strategies and all rules. Kents Hill's goal at this level is to field the strongest, most competitive team. Players may not play in every game at this level. Varsity sports provide the exposure for players who are interested in participating in athletics at the college and university level.

Junior Varsity Teams (Fall, Winter, Spring option)

The junior varsity level stresses learning and refining fundamental skills, game strategies, game knowledge, and rules. The junior varsity teams are a building block for the varsity teams. Effort and attitude are hallmarks of the junior varsity level; all team members will be expected to play in every game.

Team Manager (Fall, Winter, Spring option)

Students may fulfill their Fitness/Athletics requirement by participating as a team manager. Team managers attend all practices, home and away games (when assigned). At these games, they keep track of the scoring, timing, statistics, and are responsible for all equipment and supplies. Managers are expected to attend all game-day events and tournaments. Managers are considered part of the team and are held to the same attendance policies as the players.

Yoga (Fall, Winter, Spring option)

An energizing and rejuvenating class welcomes all levels and abilities. Focus on breathing with movement while creating strength and flexibility through Asana and Meditation/Breathwork. Students in Yoga work on creating a balance between flexibility and strength while finding a quiet stillness in their minds. This class enables students to find gratitude and comfort when dealing with everyday challenges. Classes will meet on M,W,F for 60 minutes each day.

Winter Wellness (WINTER option)

The Winter Wellness Class bonds participating students with a group of like-minded people who enjoy the outdoors. The club is an opportunity for students to get acquainted with the beautiful central Maine environment that surrounds the Kents Hill campus, as well as build on their outdoor and teamwork skills. Winter Wellness offers great options for the current (or future!) outdoor enthusiasts of every level and is pleased to welcome first-time outdoors people. Classes will meet T,W,Th for 90 minutes each day.

Equestrian (Fall, Winter, Spring option)

Students in Equestrian travel to a local stable and bond over their love of horses and riding. Classes are grouped according to ability and experience; progression to more advanced levels is based on individual achievement. The development of confidence is stressed at the beginning level, with a strong emphasis on safety and control. Stable maintenance, clean-up, and horse care are integral parts of the rider's education. Riders will be transported to the barn M-Th for 75 minutes. **A fee is charged for this program.**

Independent Athlete (Fall, Winter, Spring option)

prior approval required

Students may satisfy their Activity/Athletics requirement if they are continuing their participation in a competitive, athletic activity outside Kents Hill School. Students may not submit a proposal to start an activity that is new to them. Students will not be approved to compete in a sport during the Kents Hill competitive season of the sport offered. Students must be active participants in their activity for at least eight hours per week and receive approval from their advisor and the Director of Athletics in order to qualify.

Students who wish to participate in the Independent Athlete program must submit a formal, written proposal that includes the number of hours and days of training, details of past accomplishments, and contact information for their coach. Proposals must be submitted each season that a student is requesting Independent Athlete status, even in the case of participation in the Independent Athlete program the previous season. Transportation will not be provided off campus.

Performing Arts (WINTER option)

Kents Hill Performing Arts welcomes any student interested in being involved in staging a theatrical production. Performing Arts is offered each of the three seasons (students can choose to participate during any or all of the seasons). Prior theater experience is not necessary; we are a welcoming and inclusive group and love to see new faces in the theater. Students may be on stage or may be involved in the technical aspects of theater. Our focus will be primarily on our four public performances (a musical in the fall, a young person's holiday play and a traditional play in the winter, and one-act plays in the spring); however, we also take time for theater games, improvisation, and learning theater techniques. Performing Arts meets five days per week for 75 minutes.

FIRST® Robotics (WINTER option)

FIRST® Robotics Competition combines the excitement of sport with the rigors of science and technology. Team members will build and program industrial-size robots that will compete in challenges. Robotics will meet M,T, TH,F for 75 minutes.

Makers Space (Winter Option)

The Makerspaces at Kents Hill are a place for anyone who likes to sketch, build, tinker, engineer, design, craft, and make things. This is an opportunity for students to explore the tools and technology we have on campus and expand their knowledge of digital fabrication processes. The Makers at Kents Hill foster a mindset of curiosity and creativity. This class will meet M,T,TH,F for 75 minutes.

HOWL (Fall,Winter, Spring option)

Huskies on the Web LIVE is a student broadcasting crew that will video, livestream and commentate athletic contests and performances throughout the season. HOWL will have a mandatory weekly meeting as well as attend all game days.

Snowboard/Freestyle Ski (non-competitive, experience necessary)

Free Ski/Snowboard (non-competitive, limited or no experience)

NOT OPTIONS FOR THE WINTER

Lifetime Sports

Students in Lifetime Sports will experience a two-week rotation of a variety of activities that may include: hiking, pickleball, badminton, tennis, yoga, Fitness, and basketball. The goal of this class is for students to learn the importance of physical activity through the introduction of activities that can bring joy throughout one's lifetime. Classes will meet four days per week for 75 minutes each day.

Elite Fitness

This class will give students the tools and resources needed to be physically fit and healthy for a lifetime. A variety of exercises, techniques, and equipment are used to show students the different ways of training that will prepare them for rigorous athletic competition. The class will teach students movement and fundamentals that push students to reach their specific performance goals. Classes will meet four days per week for 75 minutes each day.

Introduction to Fitness

Introduction to Fitness focuses on improving participants' overall strength and physical conditioning. Sessions are designed to improve core strength, balance, and functional ability of students. The skills acquired in this class can be used as a regular part of the student's lifestyle. Introduction to Fitness is ideal for students who are new to athletics. Classes will meet four days per week for 75 minutes each day.

Recreational Sport

Recreational sports are non-competitive teams that focus on skill development, knowledge, and the rules of the game.



Winter 2022-2023

Fitness/Activity Courses, Days, Times, Locations, and Instructors

Classes begin: Monday, November 29, 2022

Classes end: Thursday, March 2, 2023

Winter Wellness

Tuesday & Thursday: 3:30 p.m. –5:00 p.m.

Wednesday: 2:15 p.m - 3:45 p.m.

Instructor: Diane Chick & Laura Christiansen

Class Location: Bearce Hall

Equestrian

Monday, Tuesdays, & Thursdays: 4:00 p.m. – 5:00 p.m.

Wednesday: 2:15 p.m. - 3:15 p.m.

Instructor: Ruth Ballard

Class Location: Ballard Farm

Yoga

Monday: 3:30 p.m. – 4:45 p.m.

Wednesday: 2:00 p.m. – 3:15 p.m.

Friday: 3:15 p.m. – 4:30 p.m.

Instructor: Laura Wheeler

Class Location: Ricker 3rd Floor

Performing Arts

Monday:3:30-4:45 p.m

Tuesday, Thursday, Friday: 2:15 p.m. – 3:30 p.m.

Wednesday: 2:00 p.m. – 3:15 p.m.

Friday: 3:15 p.m. – 4:30 p.m.

Instructor: Maureen Whitestone w/ Chris McInerney and Taylor Clark

Class Location: Bodman Performing Arts Center

Makers Space

Monday:3:30-4:45 p.m

Tuesday, Thursday, Friday: 2:15 p.m. – 3:30 p.m.

Instructor: Jordan Gehman



Class Location: Akin Learning Center

Robotics

Monday: 3:30-4:45 p.m

Tuesday, Thursday, Friday: 2:15 p.m. – 3:30 p.m.

Instructor: Ben Miller & Dan McDonald

Class Location: Akin Center

Snowboard/Freestyle Ski (non-competitive, experience necessary)

Free Ski/Snowboard (non-competitive, limited or no experience)

Off-season (Nov-Dec) Tuesday, Wednesday, Thursday 3:30-4:30pm

In-season (Jan-Mar): Tuesday, Wednesday, Thursday 4:00-5:00pm

Friday: 3:00-4:00pm

**times subject to change due to weather conditions*