



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

Upper School club teams are open to all students. Current club team offerings include ultimate frisbee, crew, mountain biking, sailing, snowboarding, and trap shooting.

	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)* Tackle Bar 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:

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ST. PAUL ACADEMY
AND SUMMIT SCHOOL

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