



ST. MARK'S SCHOOL ATHLETICS





“Athletics at St. Mark’s is an integral component of our holistic education program. Thanks to outstanding instruction and mentoring, our student-athletes develop their skills to the maximum, learn what it takes to truly excel as a team and as an individual, and demonstrate exemplary sportsmanship. Athletics at St. Mark’s features outstanding offerings for all levels of skill and interest and builds healthy habits that will last a lifetime.”

John C. Warren '74, Ed.D., Head of School



OUR ATHLETIC MISSION

The St. Mark’s Athletic Department enhances the School community by providing competitive athletics and fitness activities for all students. Our entire School community embraces athletics as an integral component of our students’ overall education, designed to teach resilience, teamwork, goal-setting, and a lifelong commitment to health and fitness.

“Our program is proud to challenge students of all abilities and to prepare competitive athletes for the next step in their athletic careers. Embracing the lessons of athletics that go beyond wins and losses, St. Mark’s student-athletes are taught to value sportsmanship, demonstrate integrity, and commit themselves at all times to the ideal of *Age Quod Agis*—Do and Be Your Best!”

Lauren Ames, Director of Athletics



FAST FACTS

- 375 Enrolled students
- 100⁺ Multisport varsity athletes
- 50 Athletic teams
- 25 Percent of our 2022 graduates are playing collegiate athletics
- 87 Current SM graduates playing collegiate athletics
- 210 Acres on campus
- 11 Outdoor fields
- 9 Olympic athletes and counting!

Photography Credits: Adam Richins, Devlo Media



Athletics at St. Mark's provide a natural extension of the classroom experience. Whether our athletes are competing on a varsity, JV, or thirds team in the Independent School League (ISL) or participating in an afternoon recreational fitness program, engaging in athletics is an integral part of their education—one that builds character by fostering physical development, personal growth, hard work, and collaboration.

Over 150 years, this formula has produced not only Olympic, professional, and collegiate athletes, but also nationally recognized leaders in business, medicine, politics, and the arts, among many other fields.





ATHLETIC LEVELS OFFERED

- Thirds: Emphasizes participation, skill development, and enjoyment of the game
- Junior varsity (JV): Emphasizes competition and skill development
- Varsity: Stronger emphasis on competition and preparation for team success

ATHLETIC EXPECTATIONS

- III Form (9th grade) will play a sport all three seasons.
- IV and V Form (10th and 11th grade) may elect one season of a wellness activity in place of one of their interscholastic sport seasons.
- VI Form (12th grade) may elect up to two seasons of a wellness activity, in addition to at least one season of an interscholastic sport. We are proud that the majority of our VI Formers remain committed to our athletic program by competing in at least two sports.



WE OFFER

FALL	WINTER	SPRING
Cross Country Field Hockey Football Soccer	Basketball Hockey Squash Wrestling	Baseball Crew Golf Lacrosse Softball Tennis
WELLNESS		
Fitness Strength/Conditioning Taekwondo Yoga		



ABOUT US

Founded in 1865, St. Mark's School is structured to foster close relationships between students and their faculty members, advisors, and coaches who challenge them to expand their thinking to the larger world. Our trusting environment fuels a spirit of independence, innovation, and discovery that develops big thinkers and world-changers.

At St. Mark's, athletics is an important component of our students' overall education, teaching lifelong skills of character, perseverance, and teamwork, creating well-rounded, confident citizens.

“I view the baseball field as an extension of the classroom. While the setting is different, my goal for students and players alike is for them to achieve their best selves and understand the importance of continual improvement. Our success in accomplishing this on the baseball team is attributed directly to players embracing our core values: accountability, high expectations, and team above all else. It is always rewarding for me to see our returning players embody these principles and assume the responsibility of mentoring the new members of the team. This creates an environment in which our players are certainly pushed, but also have the unconditional support of their coaches and teammates.”

Rob Calagione '04, History & Social Sciences Department Faculty;
Head Baseball Coach





INDEPENDENT SCHOOL LEAGUE

St. Mark's School is a member of the Independent School League (ISL), a highly competitive league made up of independent schools in Massachusetts, Rhode Island, and the New England Preparatory School Athletic Conference (NEPSAC).

All of the ISL member schools are committed to establishing healthy competition that promotes fair play in a positive, supportive atmosphere. We are very proud that our teams have earned numerous ISL and New England Championships and are often the recipients of the ISL Sportsmanship Award, selected by a vote of league coaches and awarded to one deserving school in each sport at the end of each season.

ISL SPORTSMANSHIP CREED

Striving together through athletic competition to achieve the highest degree of integrity, sportsmanship, fair play, and mutual respect in preparation for good citizenship and leadership in society.



A SPECIAL RIVALRY

The St. Mark's-Groton School matchup boasts one of the oldest secondary prep school rivalries in America, dating back to 1886. St. Mark's-Groton Day is the culminating event and the highlight of regular season play. St. Mark's and Groton alternate as host for the games on the last Saturday of each season, where teams face off against each other in every sport for a day of spirited competition. The school winning the majority of the fall contests is awarded the Peabody Raccoon Coat, donated by the Peabody family of the Groton School. The Burnett-Peabody Bowl is awarded to the school with the most victories throughout all three seasons.

Go Lions!



The Independent School League is the oldest independent school athletic league in the United States. Founded in 1948, the ISL includes the following schools:



BB&N	Governor's	Nobles	St. Mark's
Belmont Hill	Lawrence	Rivers	St. Sebastian's
Brooks	Middlesex	Roxbury Latin	Thayer
Groton	Milton	St. George's	Tabor



FITNESS, STRENGTH, AND CONDITIONING

At St. Mark's, we strive to create an environment where students have access to resources to prepare them physically, emotionally, and socially to lead lives of consequence. The T. Jefferson Coolidge Jr. '50 Athletic Performance and Wellness Center, which opened in September 2018, is the latest example of the School's commitment to health and wellness. The 2,700-square-foot facility nearly doubled the total square footage of the School's indoor athletic facilities and provides best-in-class equipment for both team and individual training.

The Wiedergott Fitness Room—named in honor of longtime athletic director and coach William A. "Fritz" Wiedergott—includes additional spaces for cardio and weight training. In both the Coolidge Center and the Wiedergott Room, students work individually and in teams with a dedicated strength and conditioning coach to achieve personal fitness goals and to train for high-level competition at St. Mark's and beyond.



“As athletic trainers at St. Mark's, we provide our student-athletes with a variety of support. Our most critical task is making sure our athletes are physically safe, strong, and healthy. We also provide emotional and social support for our athletes, in and out of season. Minor and major injuries are difficult to deal with; guiding and supporting our student-athletes through that is an essential part of our job. Providing them the confidence, as well as physical and emotional strength to play, is how we keep them successful in their athletic endeavors.”

Ashley Maddock, Head Athletic Trainer



“The St. Mark's student-athlete is the embodiment of “Do and Be Your Best.” Our strength and conditioning program allows each student-athlete and team to reach their potential with our state-of-the-art performance facility and experienced coaches. Every team and student-athlete comes in hungry, eager to work hard to further their game to the next level.”

Pat Hagerty, Strength and Conditioning Coach



RECENT ST. MARK'S CHAMPIONSHIPS



To see a full list dating back to 1884, visit www.stmarksschool.org/championshiphistory

FIELD HOCKEY

2012 – ISL Champions
 2012 – NEPSAC Champions
 2013 – ISL Co-Champions
 2013 – NEPSAC Champions
 2014 – ISL Champions
 2014 – NEPSAC Champions

BOYS' CROSS COUNTRY

2011 – ISL Champions
 2011 – NEPSAC Champions
 2013 – ISL Champions
 2013 – NEPSAC Champions

BOYS' HOCKEY

2015 – NEPSAC Champions
 2016 – NEPSAC Champions
 2020 – ISL Eberhart Champions
 2022 – ISL Eberhart Champions

BOYS' BASKETBALL

2008 – ISL Champions
 2008 – NEPSAC Champions
 2009 – ISL Champions
 2009 – NEPSAC Champions
 2011 – ISL Champions
 2012 – ISL Champions
 2012 – NEPSAC Champions

BOYS' SQUASH

2016 – NEPSAC Champions

GIRLS' SQUASH

2000 – NEPSAC Champions
 2022 – NEPSAC Champions

SOFTBALL

2004 – ISL Championship

GIRLS' LACROSSE

2015 – ISL Champions
 2016 – ISL Co-Champions
 2018 – ISL Co-Champion
 2019 – ISL Champions
 Undefeated

GIRLS' TENNIS

2015 – NEPSAC Champions

GIRLS' CREW

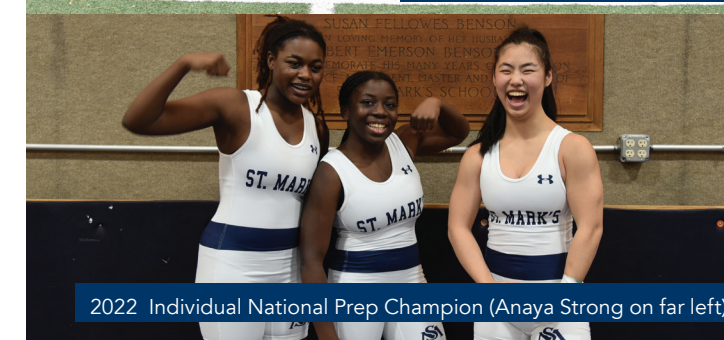
2012 – NEIRA Medalist
 2015 – 3x NEIRA Gold Medalist
 2017 – 2x NEIRA Gold Medal
 2019 – 2x NEIRA Gold Medal

WRESTLING

2022 – Individual National Prep
 Champion (Anaya Strong)



2019 ISL Undefeated Champions



2022 Individual National Prep Champion (Anaya Strong on far left)



2022 NEPSAC Champions



2019 NEIRA Gold Medalists



2022 ISL Eberhart Champions



2022 COLLEGIATE ATHLETES



St. Mark's students become athletes in the truest sense of the word, participating in a variety of sports and physical activities. Our goal as a community is to teach a healthy lifelong love of physical activity, along with the work ethic of being good teammates in and out of season.

At all levels, St. Mark's coaches—most of whom are full-time faculty members and played and excelled at the collegiate level—are committed to teaching the necessary skills for both improved team and individual performance. Each year, St. Mark's student-athletes go on to be contributors at some of the most competitive collegiate teams in the country.

2021 COLLEGIATE ATHLETES



2020 COLLEGIATE ATHLETES



ST. MARK'S AND BEYOND

ALUMNI PLAYING AT COLLEGE

- | | | |
|-------------------------------|---------------------------------------|---|
| Amherst College | Lake Forest College | University of Iowa |
| Babson College | Lewis and Clark College | UMass Lowell |
| Bates College | Macalester College | University of California, Berkeley |
| Boston College | Middlebury College | University of Connecticut |
| Boston University | Marquette University | University of Hartford |
| Bowdoin College | Massachusetts Institute of Technology | University of North Carolina |
| Brandeis University | Molloy University | University of Massachusetts |
| Brown University | Muhlenberg College | University of Michigan |
| Bryn Mawr College | Northeastern University | University of New Hampshire |
| Bucknell University | Princeton University | University of Pennsylvania |
| Claremont-McKenna College | Providence College | University of Vermont |
| Colby College | Queens University | University of Virginia |
| Colgate University | Quinnipiac University | University Richmond |
| Columbia University | Rensselaer Polytechnic Institute | University of Rochester |
| Connecticut College | Rhodes College | U.S. Naval Academy |
| Cornell University | Rochester Institute of Technology | Utica College |
| Creighton University | Sacred Heart University | Virginia Polytechnic Institute and State University |
| Dartmouth College | Saint Anselm College | Villanova University |
| Duke University | Saint Joseph's University | Wagner University |
| Elmira College | Saint Michael's College | Wake Forest University |
| Emerson College | Southern Methodist University | Washington College |
| Franklin and Marshall College | St. Lawrence University | Washington & Lee |
| George Washington University | Stanford University | Washington University in St. Louis |
| Georgetown University | Syracuse University | Wentworth Institute of Technology |
| Hamilton College | Trinity College | Wesleyan University |
| Harvard University | Tufts University | Williams College |
| Hobart and William Smith | Union College | William and Mary |
| Holy Cross | University of Arizona | Worcester Polytechnic Institute |
| Ithaca College | University of Connecticut | ...just to name a few. |
| John Hopkins University | University of Florida | |
| Kenyon College | | |
| Lafayette College | | |





MEET THE ATHLETIC DEPARTMENT

Lauren Ames, Director of Athletics; Head Varsity Girls' Soccer Coach

Luke Chiasson '15, Assistant Director of Athletics; Assistant Varsity Baseball and Football Coach

Stefan Giegucz, Equipment Manager; Assistant Varsity Girls' Basketball Coach

Ashley Maddock, Head Athletic Trainer; MS, ATC, LAT

Ally Cromwell, Assistant Athletic Trainer; ATC, LAT

Patrick Hagerty, Head Strength and Conditioning Coach

Justin Perron, Assistant Director of Athletics; Assistant Varsity Boys' Basketball and Golf Coach

To see our athletic team schedules and more information, visit

WWW.STMARKSSCHOOL.ORG/ATHLETICS

See us in action at



@SMSSSPORTS



SMATHLETICS

For a full listing of our social media accounts go to

WWW.STMARKSSCHOOL.ORG/SOCIALMEDIA



FACILITIES

Located on 210 acres in historic Southborough, Mass., St. Mark's provides an ideal setting for athletics and recreational activities. The School's athletic facilities include two fully equipped gymnasiums, 11 athletic fields, miles of wooded cross country trails, eight tennis courts, a newly renovated fitness center and weight room, six international squash courts, an erg room for crew, an indoor fieldhouse known as the Armour Cage, a synthetic turf field, a state-of-the-art indoor hockey shooting room, and the Gardner Ice Rink. Our crew program trains at the Donoghue Rowing Center on Lake Quinsigamond in nearby Shrewsbury.

5 minute walk to Southborough



ATHLETIC VISION: The vision of the St. Mark's Athletic Program is to achieve the perfect balance between physical pursuits, competitive success, and character development in delivery of the highest quality educational experience for our student-athletes.

MISSION STATEMENT: St. Mark's School educates young people for lives of leadership and service. Founded in 1865 as an intentionally small residential community, the School challenges its students to develop their particular analytic and creative capabilities by both inspiring their academic and spiritual curiosity and kindling their passion for discovery. We value cooperation over self-interest, and we encourage all members of our community to explore their place in the larger world beyond our campus.

DIVERSITY STATEMENT: St. Mark's School seeks to reflect the increasingly diverse world in which our students presently live and will live in the future. We intend to provide our students with a superior education in a community of students, parents, faculty, and staff that represents a variety of racial, ethnic, cultural, and religious backgrounds. We strive to ensure respect for all regardless of sex, gender, gender identity, race, religion, sexual orientation, ability, family structure, or economic background.

NONDISCRIMINATORY POLICY: St. Mark's School admits students of any race, color, religion, sexual orientation, and national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the School. It does not discriminate on the basis of race, color, religion, sexual orientation, and national and ethnic origin in the administration of its educational policies, admissions policies, financial aid programs, and athletic or other School-administered programs.

SUSTAINABILITY STATEMENT: In valuing cooperation over self-interest and recognizing our role as global citizens, St. Mark's School actively fosters environmental stewardship and sustainable development in its education, planning, and practices.

FOR MORE INFORMATION, CONTACT ADMISSION, 508.786.6118

ST. MARK'S SCHOOL
25 Marlboro Road, Southborough, MA 01772
www.stmarksschool.org/admission | 508.786.6000
INTENTIONALLY SMALL, **THINKING BIG.**



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