

ATHLETICS

Athletic Manager

This is a great way to fulfill athletic credit and be part of an athletic team. Managers assist the team with responsibilities that are determined by the Head Coach. Typical responsibilities are keeping statistics, recording video of practices and/or games, running the clock/timers during practice, assisting with drills, helping with equipment and uniforms, and traveling to away games. Attendance is mandatory at practice and games. This will include after school and occasional weekends. Coaches report successful completion of managerial duties to the Assistant to the Athletic Department at the culmination of the season.

Credit: .33

Prerequisite: None

Sports Medicine

This course discusses the various aspects of sports medicine and what it takes to keep athletes safe and on the field. Students will learn about athletic training, different types of injuries, athlete safety, concussions, nutrition, and more. There may be opportunities for on field observations during the course.

Classification: Elective

Credit: .33

Prerequisite: None

Fitness Tracking (The Academy Exclusive)

This course teaches the foundations of data management and statistics while introducing students to the basics of physical fitness and training. In this course, students will partner with a fitness specialist to develop a manageable and goal-oriented personal exercise routine that is informed by best practices in healthy habits, endurance-training, and strength-building. In addition to this exercise plan, students will partner with one of our statistics teachers to learn the basics of gathering clean, consistent data on their fitness progress and physical health over the duration of the summer. Students will also learn and develop their skills in analyzing, evaluating, and presenting that data. The course is structured through the duration of the summer with frequent in-person sessions in early June to gather initial data points, develop an exercise routine, and practice data collection and management. Students will continue to track their progress through the summer with periodic check-ins, culminating in a final week of data review and presentation. This course teaches the foundations of data management and statistics while introducing students to the basics of physical fitness and training.

Classification: Elective

Credit: .33

Prerequisite: None

BOYS			GIRLS		
FALL	WINTER	SPRING	FALL	WINTER	SPRING
Football	Basketball	Baseball	Field Hockey	Basketball	Softball
Cheerleading*	Cheerleading*	Golf	Cheerleading*	Cheerleading*	Golf
Cross Country	Soccer	Lacrosse	Cross Country	Soccer	Lacrosse
	Swimming	Tennis	Volleyball	Swimming	Tennis
		Track & Field			Track & Field

**Except for participation in a winter sport, cheerleading requires a commitment of the fall and winter trimesters.*