

PORTSMOUTH ABBEY ATHLETIC/AFTER-SCHOOL ACTIVITY REQUIREMENT

It is school policy that all students participate in an interscholastic sport, after-school activity, or independent interest every afternoon during their PA career. Sign-ups are conducted before the Fall, Winter, and Spring terms begin. Rosters are verified five days after the season begins

Third Form Athletic Requirement: Third Formers must take three terms of athletics **or** two terms of athletics and one term of an after-school activity. Third Formers wanting to participate in more than one term of an after-school activity will need approval from the Director of Athletics.

Fourth Form Athletic Requirement: Fourth Formers must take three terms of athletics **or** two terms of athletics and one term of an after-school activity. Fourth Formers wanting to participate in more than one term of an after-school activity will need approval from the Director of Athletics.

Fifth Form Athletic Requirement: Fifth Formers must take three terms of athletics **or** two terms of athletics and one term of an after-school activity. Fifth Formers are eligible to participate in the Winter Strength and Conditioning program. Fifth Formers wanting to participate in more than one term of an after-school activity will need approval from the Director of Athletics.

Sixth Form Athletic Requirement: Sixth Formers must take three terms of athletics, two terms of athletics and one term of after-school activity, **or** one term of athletics and two terms of an after-school activity. Sixth Formers are eligible to participate in an independent interest. Sixth Formers wanting to participate in more than two terms of an after-school activity or independent interest will need approval from the Director of Athletics.

Interscholastic Sports

Fall

Boys Cross Country
Girls Cross Country
Girls Field Hockey
Football
Boys Golf
Boys Soccer
Girls Soccer
Girls Volleyball

Winter

Boys Basketball
Girls Basketball
Boys Ice Hockey
Girls Ice Hockey
Boys Squash
Girls Squash
Coed Wrestling

Spring

Boys Baseball
Girls Golf
Boys Lacrosse
Girls Lacrosse
Coed Sailing
Girls Softball
Boys Tennis
Girls Tennis

Boys Track and Field

Girls Track and Field

After School Activities

Fall

Equestrian
Yearbook
Drama
Chamber Music
Community Service
Independent Interest

Independent Interest

Winter

Equestrian
Yearbook
Drama
Art
Community Service
Independent Interest

Spring

Equestrian
Yearbook
Drama
Chamber Music
Community Service
Dance