

ALL ATHLETIC & ACTIVITY OPTIONS AVAILABLE AT THE MIDDLE SCHOOL, 2023-2024

FALL SEASON/TERM I CHOICES

Co-ed Cross Country – Grades 6, 7 & 8

NO preseason – practices begin on the first full day of school.

Approximately 6 meets in a season.

Daily after-school training allows the student to build their endurance through runs across the Senior School campus, as well as shorter sprint training on the track. Students will compete against other independent and public local schools on a 1.5–1.8-mile cross-country course. Students need PE-style clothing and good supportive running style shoes are highly recommended.

Girls Field Hockey – Grades 6, 7 & 8

There is an **optional** 3 or 4-day pre-season in August in order to prepare for the season. You will receive information regarding the dates/times after the sign-up period.

Approximately 12-14 games in a season.

Girls learn and develop the fundamental skills, strategies, and rules of field hockey. Practices are on the turf or the Squaw Run Road field (which is the Middle School game field, also called the Far Field). Some equipment is available to borrow for the season but the girls will need a field hockey stick, specific eye-wear for field hockey, mouth-guard, and shin-guards as well as soccer-style cleats. A reversible style SSA jersey is an optional purchase once the season begins or regular PE-style clothing is acceptable. Specific information will be sent to the girls who sign-up.

Boys 7th & 8th-grade Football – Grades 7 & 8

There is an **optional** 4-day pre-season for 7th & 8th graders in August in order to prepare for the season. You will receive information regarding dates/times after the sign-up period.

Approximately 6 games during the season.

Boys learn many of the fundamental skills and strategies of tackle football. Basic plays and terminology of football will be implemented. Football equipment will be provided although boys are welcome to provide their own if they have it. Boys will need soccer-style cleats or sneakers and a mouthguard for every practice.

Coed 6th grade Flag Football – Grade 6

NO preseason – practices begin on the first full day of school.

There are no games.

Students will be introduced to the fundamental skills of football. Students will need PE-style clothing, soccer-style cleats or sneakers, and a mouth guard for every practice.

7th & 8th-grade Competitive Coed Soccer – Grades 7 & 8

There is an optional 4-day pre-season in August in order to prepare for the season. You will receive information regarding the dates/times after the sign-up period.

Approximately 15 games in a season.

All abilities are welcome. Athletes learn and develop the skills, strategies, and rules of soccer. In the event of large sign-ups, the group may be broken into two teams based on player ability at the coaches' discretion. PE-style clothing is required in addition to soccer-style cleats.

Coed 6th-grade Soccer - Boys & Girls, 6th grade

No preseason– practices begin on the first full day of school.

Approximately 4 - 6 games in a season.

6th-grade boys and girls learn and develop the skills and strategies of soccer. All ability levels are welcome to participate. PE-style clothing is required in addition to soccer-style cleats.

****Girls Tennis** – Grades 6, 7, & 8

NO preseason – practices begin on the first day of school.

2-4 matches for the competitive team if there are teams to compete against.

Coaches will determine what level each girl will play at. Coaches will select who participates in matches depending on ability level and opponent. The coaching staff throughout the season will evaluate students. This will allow movement if a player works hard and gets better as the season progresses. The competitive group, composed primarily of students with more than 2 years of tennis experience, will focus on improving their skills and technique through challenge matches and individual work. The non-competitive group will have a stronger concentration on improving all tennis stroke techniques and skills. THE COACHING STAFF WILL HAVE THE FINAL SAY AS TO THE PLACEMENT OF THE STUDENT ONCE THE SEASON BEGINS. PE-style

clothing, appropriate footwear for the tennis courts (sneakers are fine), and tennis racquets are needed for practices.

Fall Intramurals – Grades 6, 7 & 8

THIS IS A NON-COMPETITIVE OPTION.

Practices will start on the first full day of school.

Small group activities/games, as well as general fitness conditioning, are offered in this activity. Skills, sport strategies, and an understanding of the rules will be taught for activities such as Ultimate Frisbee, soccer, and Capture the Flag. Proper sportsmanship and sport etiquette are expected. Students will need PE-style clothing and sneakers.

Other Fall Options

Drama – Grades 6, 7 & 8

Practices will start on the first full day of school.

The Middle School theatre program strives to help students develop an appreciation for self-expression and to understand theatre as an integral part of the human experience. Students will study and practice theatre as an art form and gain an understanding of the performance arts that enhances their future roles as audience members and/or patrons.

Studio Art - Grades 6, 7 & 8

Meetings will start on the first full day of school.

Studio Art is designed for the highly motivated art student who would like to pursue his or her interest in a variety of art media. It is primarily student-directed with support from the teacher who may suggest media and projects, teach technical skills when necessary, and offer constructive criticism. Students are encouraged to focus on one or two areas of interest and are expected to create a portfolio of work.

WINTER SEASON/TERM II CHOICES

Boys Basketball – Grades 6, 7 & 8 **(Separate teams per grade)**

6th grade – Approximately 5-6 games against local independent schools.

7th and 8th grade - Approximately 15 games at each grade level against both public and private schools.

All levels of ability are welcome. Skill fundamentals and game strategies are part of the instruction. With each grade level, more expectations and skills are introduced. If large numbers warrant, a grade-level team can be divided into two teams and the schedule divided in half for each group. Teams play against local independent schools and 7th & 8th-grade public school teams. Students need to have PE-style practice clothing every day. Basketball shoe-wear is preferred for safety but not required.

Girls Basketball – Grades 6, 7 & 8

Approximately 10 games against local independent schools.

All levels of ability are welcome. Skill fundamentals are stressed as is game strategy. As numbers warrant, there may be two teams grouped by ability and composed of girls from all grades. If possible, there will be a 6th-grade team and then a 7/8 grade team. Students need to have PE-style practice clothing. Basketball style shoe-wear is preferred for safety but not required.

Co-ed Swimming – Grades 6, 7 & 8

Approximately 2-3 dual meets and 1 championship meet.

All ability levels are welcome. Students will learn the fundamentals of each stroke as well as starts and turns. Practices vary depending on the ability of each swimmer. Coaches group swimmers accordingly for practices. The team competes against independent schools from the Tri-state area. Students will need a swimming suit for the girls, jammers, or swim trunks for the boys; goggles and caps are also recommended. There may be a team suit and cap offered for additional cost once the season begins.

Boys Ice Hockey – Grades 6, 7 & 8

Approximately 8-10 games are scheduled Monday evenings throughout the season.

Games will start at 6:30 pm or 8 pm.

Boys practice every day after school to work on skills and strategies. This includes station work along with the Middle School girls' team. Most boys have prior hockey experience. All players must be registered through USA Hockey and information will be sent home with directions on the registration process. Players new to hockey should consider a "Learn to Play Hockey" camp prior to joining. Some equipment is available for new players, but students must provide skates, a mouthguard, and a helmet. Games are one night a week at the Roy McKnight Hockey Center (Senior School) beginning in December. A team fee of \$250 is assessed for each family for maintenance and upkeep of the ice and facility. Depending on the sign-ups, the team may be a COED team.

There is limited equipment available for borrowing (most hockey players do have a majority of the equipment). Please contact David Vadnais with questions.

Girls Ice Hockey – Grades 6, 7 & 8

Approximately 6-8 games are scheduled Monday evenings throughout the season.
(either 6:30pm or 8pm)

Girls practice every day after school to work on skills and strategies along with the boys' team. With the girls' program, there are a variety of ability levels on the team. Players new to hockey should consider a "Learn to Play Hockey" camp prior to joining. All players must be registered through USA Hockey and information will be sent home with directions on the registration process. Games are once a week at the Roy McKnight Hockey Center (Senior School) as team numbers and ability allow, usually beginning in January. Some equipment is available for new players, but students must provide skates, mouthguard and a helmet. A team fee of \$250 is assessed each family at the end of the season for maintenance and upkeep of the ice and facility. **Depending on the sign-ups, the team may need to be COED. There is limited equipment available for borrowing (most hockey players do have a majority of the equipment). Please contact David Vadnais with questions.**

Coed Squash – Grades 6, 7 & 8

THIS IS A NON-COMPETITIVE OPTION.

Practices will start with all other winter activities.

Open to approximately 15 students on a first-come-first-serve basis from the summer sign-ups. Students learn fundamental skills and strategies. Ladders within the group give students the opportunity for match play and to work to improve skills by challenging others on the team of similar ability. Students will need to provide a squash racquet, goggles, and special squash shoes for this offering.

Coed Fitness & Conditioning – Grades 6, 7 & 8

THIS IS A NON-COMPETITIVE OPTION.

Practices will start with all other winter activities.

Students learn the basic concepts of weight-lifting using the Senior School Fitness Center. Correct form, technique, and proper mechanics are stressed. Conditioning components, including a dynamic and active warm-up, as well as teaching students how

to put together a conditioning program will be the focus. PE-style clothing and sneakers are needed for this option.

Other Winter Options

Winter Musical – Grades 6, 7 & 8

Practices will start with all other winter activities.

The Middle School theatre program strives to help students develop an appreciation for self-expression and to understand theatre as an integral part of the human experience. Students will study and practice theatre as an art form and gain an understanding of the performance arts that enhances their future roles as audience members and/or patrons. Students have the opportunity to participate in the winter musical.

Science Explorers – Grades 6, 7 & 8

Students will explore various science topics through building, designing, and experimentation. Additionally, students will be encouraged to offer their own ideas for topics to explore. Projects may include rocketry, bridge building, musical instrument construction, and robotics. Experiments may include topics such as slime and food science. Biology topics may include anatomy and a dissection unit for those interested.

SPRING SEASON/ TERM III CHOICES

Coed Track - Grades 6, 7 & 8

6th Grade – Normally 6th graders do not participate in meets because they are held against public schools.

7th & 8th Grade – Will participate in approximately 5 meets.

Students practice track and field events and develop skills, proper technique, and form for a number of events. Students are encouraged to try as many events as possible but are limited to four events in a meet. There are limited opportunities for 6th graders to compete in the meets but they will learn fundamental skills in the running and throwing events. PE-style clothing and supportive running shoes are highly recommended.

Boys Baseball – Grades 6, 7 & 8

6th Grade – Approximately 1-2 games depending on the availability of other schools.

7th & 8th Grade – Approximately 15 games are scheduled.

Students focus on skill development, strategies of hitting, pitching, running bases, and sliding. The team plays against public and independent schools. They will learn important fundamentals and have opportunities for intra-squad competition. Boys will need gray pants for games. They will need sneakers for when practice is in the gym as well as cleats (soccer-style or metal-style is allowed in Middle School). We have helmets and bats for the team but personal items are also allowed for individual use.

Girls Softball – Grades 6, 7 & 8

4-6 games if we can find teams to compete against.

Girls will develop fundamental skills and strategies for inter-scholastic play so no past playing experience is necessary. The number of games depends on the availability of local schools with softball teams. There may be limited opportunities for 6th graders to compete in some of the games if non-public school teams are available to play. Girls should have a softball mitt and soccer-style cleats. PE-style clothing for practices and sneakers available for indoor practices.

Girls Lacrosse – Grades 6, 7 & 8

Approximately 10 games are scheduled.

Girls learn the strategies of the game as well as develop necessary lacrosse skills and understanding of the rules. SSA plays against local public and independent schools. Girls should have a lacrosse stick, appropriate lacrosse eyewear, and mouthguard in addition to soccer-style cleats. PE-style clothing for practices and sneakers for indoors. A reversible style SSA jersey is an optional purchase once the season begins or regular PE-style clothing is acceptable

Boys Lacrosse – Grades 6, 7 & 8

Approximately 10 games are scheduled.

Boys learn the strategies of the game as well as develop the necessary skills and understanding of the rules of the game. SSA plays against local independent schools. Most equipment is provided by the individuals but we have small amounts of equipment that can be borrowed. For safety reasons, helmets should not be borrowed or loaned. Mouthguards and protective sports equipment are also required. PE-style clothing for practices and sneakers for indoor practices. A reversible style SSA jersey is an optional purchase once the season begins or regular PE-style clothing is acceptable

Boys Tennis – Grades 6, 7 & 8

Approximately 2-4 matches are scheduled.

Coaches will determine what level each boy will play at. Coaches will select who participates in matches depending on ability level and opponent. The coaching staff throughout the season will evaluate students. This will allow movement if a player works hard and gets better as the season progresses. The competitive group, composed primarily of students with more than 2 years of tennis experience, will focus on improving their skills and technique through challenge matches and individual work. The non-competitive group will have a stronger concentration on improving all tennis stroke techniques and skills. THE COACHING STAFF WILL HAVE THE FINAL SAY AS TO THE PLACEMENT OF THE STUDENT ONCE THE SEASON BEGINS. PE-style clothing, appropriate footwear for the tennis courts (sneakers are fine), and tennis racquets are needed for practices. An SSA Tennis T-shirt for tennis matches will be available once the season begins.

Coed Spring Intramurals – Grades 6, 7 & 8

THIS IS A NON-COMPETITIVE OPTION.

Practices will start with all other spring activities.

There are no after-school games. This option allows for a non-competitive option in the spring and the students will be involved in a number of fitness and conditioning components as well as engaging in a number of activities. PE-style clothing and sneakers for practices.

Other Spring Options

Literary Magazine – Grades 6, 7 & 8

Meetings will start with all other spring activities.

Students will work to produce their own written work and include the work of other students in a school literary magazine. Students must have fulfilled the one-season athletic requirement in order to participate in this activity.

Farm – Grades 6, 7 & 8

Meetings will start with all other spring activities.

Students will learn skills such as upcycling, making pallet compost bins, and building trellises as they maintain a working vegetable and flower garden. Students must have fulfilled the athletic requirement in order to participate in this activity.

ATHLETIC EXCEPTIONAL PROFICIENCY EXEMPTIONS

Athletic Exemption – Students in seventh and eighth grade or sixth-grade students in special circumstances (students must fulfill the SSA 1-season requirement) could be eligible for exemption. See the separate information page for details on this program.

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