



SAAS

SEATTLE ACADEMY

UPDATED **CARDINAL ATHLETICS** INFORMATION

2024-2025

| SEASON | FALL | WINTER | SPRING |
|--|---|--|--|
| <p>UPPER SCHOOL</p>  | <p>Boys & Girls Cross Country Boys Golf Girls Golf Girls Soccer Boys Ultimate Girls Volleyball</p> <p><u>After School Clubs:</u> Fitness Bouldering</p> | <p>Boys Basketball Girls Basketball Boys Wrestling Girls Wrestling Competitive Dance <i>(auditions take place in fall)</i></p> <p><u>After School Clubs:</u> Girls Flag Football Mixed Ultimate Bouldering</p> | <p>Boys Lacrosse Girls Lacrosse Boys Soccer Boys Tennis Girls Tennis Boys & Girls Track & Field Girls Ultimate</p> <p><u>After School Clubs:</u> Wrestling</p> |
| <p>MIDDLE SCHOOL</p>  | <p>Boys & Girls Cross Country Boys Soccer Girls Soccer 7th/8th grade Girls Volleyball</p> <p><u>After School Clubs:</u> Bouldering</p> | <p>Boys Basketball Girls Basketball</p> <p><u>After School Clubs:</u> Bouldering Futsal Tennis</p> | <p>Co-Ed Golf Boys Lacrosse Girls Lacrosse Boys & Girls Track & Field Mixed Ultimate 6th grade Girls Volleyball</p> <p><u>After School Clubs:</u> Bouldering Wrestling</p> |