



# Athletics

At SPA we believe the Athletics program is an important and integral part of a comprehensive education that helps develop productive, well-rounded citizens. Athletics are a key part of teaching students to work in teams, overcome obstacles, lead, and set and achieve individual and collective goals. Competition is an essential ingredient of the Athletics program; it enhances work ethic, skill development, personal responsibility, attention to detail, concentration, enjoyment, and self-confidence.

We strive to provide an opportunity for all students to participate in athletics. Whether they are novices trying a new sport or seasoned varsity athletes, all student-athletes are given opportunities to build their athletic skills and experience the camaraderie of being members of a team. While not mandatory, team sports are strongly encouraged and are an important facet of the SPA experience.

SPA student-athletes are expected to challenge themselves, play their best, and respect the efforts of their opponents. Members of the SPA community enthusiastically support student-athletes and consistently cheer them on as they compete. SPA students begin exploring team sports in Grade 3 and compete interscholastically starting in Grade 6. Each year, SPA averages 90 teams in 16 sports.

SPA has a tradition of developing national-caliber collegiate student-athletes. We have done this through excellent coaching, top-notch strength and conditioning training, use of advanced technology, quality facilities, and specific support and counseling for students interested in pursuing college athletics.

## INDEPENDENT METRO ATHLETIC CONFERENCE (IMAC)

- The Blake School
- Breck School
- Minnehaha Academy
- Mounds Park Academy
- Providence Academy
- St. Paul Academy and Summit School

*Middle School soccer, basketball, baseball, volleyball, and softball teams compete in the Catholic Athletic Association*

*Upper School club teams are open to all students. Current club team offerings include ultimate frisbee, crew, mountain biking, sailing, snowboarding, and trap shooting.*

	Girls	Boys	Lower School Clinics (CO-ED)
FALL	Cross Country (6-8) (9-12) Soccer (6-8) (9-12) Swimming and Diving (7-12)* Tennis (6-8) (9-12) Volleyball (6-8) (9-12) Flag Football (6-8)	Cross Country (6-8) (9-12) Football (9-12)* Flag Football (6-8) Soccer (6-8) (9-12)	Lacrosse (3-5) Baseball (3-5)
WINTER	Alpine Skiing (7-12) Basketball (6-8) (9-12) Fencing (7-12) Hockey (7-12)* Nordic Skiing (6-8) (9-12)	Alpine Skiing (7-12) Basketball (6-8) (9-12) Fencing (7-12) Hockey (7-12)* Nordic Skiing (6-8) (9-12) Swimming and Diving (7-12)*	Basketball (3-5) Volleyball (3-5)
SPRING	Golf (7-12) Lacrosse (7-12)* Softball (6-8) (9-12)* Track (6-8) (9-12)	Baseball (6-8) (9-12) Golf (7-12) Lacrosse (7-12)* Tennis (6-8) (9-12) Track (6-8) (9-12)	Track (3-5) Flag Football (3-5) Soccer (3-5)

\*cooperative team



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**FOR MORE INFORMATION CONTACT:**

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ST. PAUL ACADEMY  
AND SUMMIT SCHOOL

[www.spa.edu](http://www.spa.edu)  
[www.spaathletics.org](http://www.spaathletics.org)