



A Balanced Approach to Excellence

We believe athletics and physical education are critical components in the overall experience of our students. The Department of Athletics, Physical Education, and Kinesiology aims to provide students in all grades an opportunity to experience learning through movement, participation, and competition. We challenge students to go beyond what is familiar and dive into new offerings. **Approximately 15-20% of every graduating class chooses to play a team sport at a Division I-III level in college.**



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Facilities

- CA's 94-acre campus is home to:
- Six grass and turf competition fields
 - Turf baseball diamond
 - Eight tennis courts
 - Grass practice fields
 - Cross country trail
 - Outdoor pool for physical education

Inside the state-of-the-art Athletic Center, student-athletes find:

- CA's Climbing Center
- Volleyball and basketball courts
- Team rooms
- Sports medicine center staffed by two full-time trainers
- Strength & Conditioning Center



Athletic Center



Lower School

On a daily basis, CA's Lower School Physical Education/Kinesiology program fosters a lifelong love for physical activity and creates lasting growth in physical skills and fitness. Students work through a series of athletic activities designed to challenge them as individuals and as a group, while reinforcing both gross and fine motor skill development, teamwork, and age-appropriate problem solving. **New for 2024-25: after-school athletics for K – Grade 5.**

Middle School

The Middle School Athletics program encourages students to explore new sports and to develop pride in representing CA.

- Grade 6 offers a hybrid curriculum of competitive and noncompetitive team sports and P.E.
- In Grades 7 and 8, we prepare students for high school athletics by offering a range of competitive interscholastic and noncompetitive options.

COMPETITIVE SPORTS

FALL
Boys Soccer, Girls Field Hockey, Girls Volleyball, Cross Country, Golf (7-8), Tennis (7-8)

WINTER
Girls and Boys Basketball

SPRING
Girls Lacrosse, Boys Lacrosse, Girls Soccer, Baseball

NONCOMPETITIVE SPORTS

Sports Performance, Yoga, Rock Climbing, Racquetball

Upper School

CA offers 16 varsity-level team sports sanctioned by the Colorado High School Activities Association (CHSAA). Students also may choose from a range of noncompetitive options. In Grades 9 and 10, students are required to take part in two trimesters of daily athletics; in Grades 11 and 12, students are required to take at least one trimester per year.

CHSAA-SANCTIONED SPORTS

FALL
Boys Soccer (3A), Girls Field Hockey (5A), Boys Golf (3A), Girls Volleyball (3A), Boys Tennis (4A), Cross Country (3A)

WINTER
Boys Basketball (4A), Girls Basketball (4A), Girls Swimming and Diving (4A), Ice Hockey (5A)

SPRING
Baseball (3A), Boys Lacrosse (5A), Girls Soccer (3A), Girls Lacrosse (5A), Girls Golf (3A), Girls Tennis (3A)

NON-CHSAA SPORTS

Sports Performance, Rock Climbing, Ultimate Frisbee, Racquetball, Student Athletic Trainer

Recent Honors

CA has claimed 30 CHSAA State titles, including:

- Boys Golf ('21)
- Boys Soccer ('98, '99, '12, '13, '21, '22, '23)
- Boys Tennis ('19)
- Girls Field Hockey ('97, '12, '13, '14, '15, '19, '22, '23)
- Girls Golf ('07, '08, '16, '17, '18, '19)
- Girls Lacrosse ('00, '15, '16, '17, '18, '19, '21, '22, '23, '24)
- Girls Soccer ('99, '03, '14, '19, '24)



Climbing Center



2023 State Champion Boys Soccer



2024 State Champion Girls Lacrosse

