



# Viewpoint ATHLETICS



## ATHLETICS

The Athletic program at Viewpoint is where teamwork connects us and competition fuels us. For each individual, our coaches and trainers focus on refining skills, developing character, and building community, while making their peak performances possible.

# Interscholastic Athletic Programs

### GRADES 4-8

#### FALL

Girls Basketball (4th-6th)  
Boys and Girls Cross Country (6th-8th)  
Flag Football (4th-8th)  
Boys and Girls Swimming (4th-8th)  
Boys Tackle Football (6th-8th)  
Girls Tennis (6th-8th)  
Girls Volleyball (7th-8th)

#### WINTER

Boys Basketball (4th-8th)  
Girls Basketball (7th-8th)  
Boys Soccer (7th-8th)  
Girls Soccer (4th-8th)

#### SPRING

Boys Baseball (4th-8th)  
Boys and Girls Golf (6th-8th)  
Boys Lacrosse (6th-8th)  
Boys Soccer (4th-6th)  
Girls Softball (4th-8th)  
Boys Tennis (6th-8th)  
Boys and Girls Track & Field (6th-8th)  
Boys Volleyball (6th-8th)  
Girls Volleyball (4th-6th)



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*Athletics at Viewpoint is an educationally-based program, and while winning is important, our primary goal is to teach life lessons through sports. We focus on the journey over the end result, including skill development, athletic I.Q., and controlling the controllables like attitude and effort.”*

**— JOSH FRECHETTE**  
*Director of Athletics*



# Interscholastic Athletic Programs

## UPPER SCHOOL

### TEAMS FOR GIRLS BY SEASON

#### FALL

Cheerleading  
Cross Country  
Golf  
Tennis  
Volleyball

#### WINTER

Basketball  
Cheerleading  
Soccer

#### SPRING

Beach Volleyball  
Softball  
Swimming  
Track & Field

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### TEAMS FOR BOYS BY SEASON

#### FALL

Beach Volleyball  
Cross Country  
Football  
Water Polo

#### WINTER

Basketball  
Soccer

#### SPRING

Baseball  
Golf  
Lacrosse  
Swimming

Tennis  
Track & Field  
Volleyball



BY THE NUMBERS

150

INTERSCHOLASTIC  
ATHLETIC TEAMS  
Grades 4-12

1

CIF  
COMMISSIONER'S  
CUP

3

CIF STATE  
CHAMPIONSHIPS

11

CIF ALL-  
ACADEMIC TEAMS

190

Upper School  
VARSITY LEAGUE  
CHAMPIONSHIPS

28

CIF  
CHAMPIONSHIPS

# Sports Medicine

As Viewpoint continues to increase its footprint in athletics, the demand is higher for sports medicine in the areas of injury prevention, rehabilitation, and mental health. Our school is ahead of the curve by employing two athletic trainers who are dedicated full-time to the health and wellness of our student athletes.



# The Bradway Family Peak Performance Center

The Peak Performance Center is an 1800-square-foot, state-of-the-art facility for conditioning, cardio fitness, sports medicine, and injury prevention, treatment, and rehabilitation. The center features a dedicated ice bath and freezer area, four therapy tables, and a trainers' office for private consultation, as well as a redesigned strength and fitness space.



BRADWAY FAMILY  
PEAK PERFORMANCE CENTER



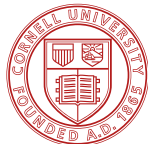
# Our College Athlete Alumni

**125+** at **85+**  
**ATHLETES COLLEGES AND UNIVERSITIES**

Amherst College (Swimming)  
 Babson College (Baseball)  
 Bard College (Basketball)  
 Bowdoin College (Swimming)  
 Brandeis University (Baseball)  
 Bucknell University (Cross Country, Track & Field)  
 California Lutheran University (Tennis)  
 Cal Tech (Swimming)  
 Cambridge University (Volleyball)  
 Carleton College (Cross Country)  
 Carnegie Mellon University (Tennis)  
 Chapman University (Baseball, Swimming, Volleyball, Tennis, Track)  
 Claremont McKenna (Swimming, Cross Country, Tennis, Football)  
 Clark University (Swimming)  
 Colby College (Football)  
 Colgate (Swimming)  
 College of the Canyons (Football)  
 Colorado College (Swimming, Lacrosse)  
 Columbia University (Fencing, Volleyball)  
 Cornell (Sprint Football)  
 Dartmouth University (Baseball)  
 DePauw University (Softball)  
 Duke (Soccer)  
 Emory University (Softball, Baseball, Volleyball)  
 Franklin Pierce University (Basketball)  
 Hamilton College (Baseball, Basketball)  
 Harvard University (Softball, Basketball, Baseball)  
 Harvey Mudd College (Swimming)  
 Indiana University (Softball)  
 Kenyon College (Tennis)  
 Lafayette University (Golf)  
 Lake Forest (Tennis, Basketball)  
 Lehigh University (Rowing, Tennis)

Lewis and Clark University (Basketball, Football)  
 Loyola Marymount University (Basketball, Swimming)  
 M.I.T. (Baseball, Volleyball, Football)  
 Macalester College (Basketball)  
 Middlebury College (Swimming, Rugby, Track, Football)  
 Moorpark College (Basketball, Football)  
 Newbury College (Volleyball)  
 New Hampton School (Basketball)  
 Northeastern University (Cross Country, Volleyball)  
 Northern Illinois University (Basketball)  
 New York University (Cross Country, Baseball, Softball, Swimming)  
 Nicholls State (Basketball)  
 Oberlin College (Cross Country)  
 Occidental College (Cross Country, Soccer, Baseball, Football, Tennis)  
 Ohio-Wesleyan University (Volleyball)  
 Old Dominion University (Football)  
 Pomona-Pitzer (Volleyball, Football, Soccer)  
 Portland University (Basketball)  
 Pratt Institute (Volleyball)  
 Princeton University (Crew)  
 Principia College (Volleyball, Baseball, Soccer)  
 Rhodes College (Swimming)  
 Robert Morris University (Football)  
 Saint Mary's College (Swimming)  
 Salve Regina University (Football, Rugby)  
 Santa Barbara City College (Football)  
 Santa Clara University (Soccer)  
 Southern Connecticut State (Basketball)  
 St. Mary's College (Football)  
 Stonehill College (Volleyball)  
 Swarthmore College (Baseball, Soccer)

Trinity University (Football, Volleyball)  
 Tufts University (Swimming, Football)  
 Tulane University (Tennis)  
 University of Puget Sound (Football)  
 U.S. Air Force Academy (Cross Country)  
 U.S. Naval Academy (Sailing)  
 University of California Berkeley (Football, Tennis)  
 University of California, Irvine (Volleyball)  
 University of California Los Angeles (Lacrosse, Tennis, Soccer, Golf)  
 University of California San Diego (Tennis)  
 University of California Santa Barbara (Field Hockey, Volleyball)  
 Union College (Volleyball, Football)  
 University of Chicago (Swimming)  
 University of Colorado (Tennis)  
 University of Georgia (Equestrian)  
 University of La Verne (Cross-Country, Track & Field)  
 University of New Mexico (Golf)  
 University of Oregon (Soccer)  
 University of Pennsylvania (Sprint Football)  
 University of Portland (Basketball)  
 University of Puget Sound (Swimming, Football)  
 University of Redlands (Basketball, Track & Field)  
 University of San Diego (Rowing)  
 University of Wisconsin (Tennis)  
 University of Southern California (Swimming, Volleyball, Golf, Soccer)  
 Washington University, St. Louis (Football, Swimming)  
 Wesleyan (Swimming)  
 Wheaton College (Football)  
 Whitman College (Basketball)  
 Whittier College (Basketball)  
 Williams College (Rugby, Football, Track)  
 Yale (Crew, Basketball)



**HARVARD**  
UNIVERSITY

University  
of Portland



**PRINCETON**  
UNIVERSITY



**Santa Clara**  
University



**Yale**

# Our Athletic Hall of Fame

In 2025, Viewpoint School launched its new Athletic Hall of Fame, established to honor the outstanding achievements and contributions of former athletes, coaches, and leaders who have helped shape the institution's sports legacy.

## INAUGURAL INDUCTEES

Alyssa Hinojosa '16  
Soccer, University of Oregon

Miye Oni '15  
Basketball, Yale University

Christian Juzang '16  
Basketball, Harvard University

Darby Sedighan '00 P'37 '33 '31  
Volleyball, Chapman University

Patrick Moyal  
Viewpoint's Athletic Director for 35 years

Chaney Sheffield '98, P'35 '33 '31  
Baseball, Harvard University



Inaugural induction ceremony at Viewpoint's 42nd Annual Benefit. Also pictured far left Director of Athletics Josh Frechette and far right, Head of School Mark McKee. Not pictured Miye Oni.



# 2024-25 CIF CHAMPIONS

Varsity Girls Soccer  
Boys Cross-Country  
Boys Track & Field



Our signature athletic program with more than 150 teams across Grades 4-12, offers every student an opportunity to play the sports they love or try something new, while developing friendships and making memories at Viewpoint School.

**TO LEARN MORE** about Athletics  
at Viewpoint School, contact our  
Director of Athletics, Josh Frechette  
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@VIEWPOINTSPTS

