

## **2016-2017 Afternoon Program Choices (Upper School)**

**Participation Requirements:** Students in 9th and 10th grade are required to participate in the Afternoon Program all three terms, and are required to participate in a fitness related activity at least one of the three terms.

Students in 11th and 12th grade are required to participate in a fitness related activity at least one of the three terms, but may opt to take one of the three terms off. Please note that if an 11th or 12th grade student wants to do all three terms of Theater: Acting or Theater: Tech, this participation fulfills the fitness related activity requirement.

If there is a question about meeting the fitness requirement, please talk to Whitney McKnight. We can look at each individual student on a case-by-case basis.

The Afternoon Program runs from 3:45 to 5:30 p.m. daily (in the winter term some teams practice later, and games may run later in all seasons).

Any student who would like to request a “waiver” should contact Whitney McKnight, Associate Upper School Director, or Nancy Collins, Athletic Director.

### **Fall Term**

#### Fitness Related Activities

- Soccer (boys and girls - varsity and junior varsity)
- Cross country (boys and girls - varsity)
- Fencing (boys and girls - varsity)
- Field hockey (girls: varsity and junior varsity)
- Golf (coed - varsity and junior varsity)
- Volleyball (girls: varsity and junior varsity)
- Strength and Conditioning (coed)
- Fitness: Adventure Series (coed)
- Core Strength (coed)
- Spin (coed)

#### Arts

- Theater: Acting (US Fall Play)
- Tech Theater (US Fall Play)
- Costumes (US Fall Play)
- Ceramics
- Afternoon Band

#### Other

- Community Service--Students find individual placements with support from the Hiatt Center.

- Robotics Team

## **Winter Term**

### Fitness Related Activities

- Basketball (boys: varsity, junior varsity and thirds; girls: varsity and junior varsity)
- Wrestling (coed - varsity)
- Fencing (boys and girls - varsity)
- Ice hockey (boys and girls - varsity)
- Squash (coed)
- Strength and conditioning (coed)
- Core Strength (coed)
- Spin (coed)
- 13.1 Project (coed)

### Arts

- Theater: Acting (US Winter Play)
- Tech Theater (US Winter Play)
- Costumes (US Winter Play)
- Jazz: Berklee Competition Band
- Ceramics

### Other

- Community Service--Students find individual placements with support from the Hiatt Center.
- Robotics Team

## **Spring Term**

### Fitness Related Activities

- Tennis (boys and girls - varsity and junior varsity)
- Lacrosse (boys and girls - varsity)
- Softball (girls - varsity)
- Baseball (boys - varsity)
- Volleyball (boys)
- Ultimate Frisbee (coed - varsity and junior varsity)
- Strength and Conditioning
- Fitness: Adventure Series
- Core Strength
- Spin
- 13.1 Project

### Arts

- Theater: Acting, Singing, Dancing (US Spring Musical)
- Tech Theater (US Spring Musical)

- Costumes (US Spring Musical)
- Rock Band
- Ceramics

Other

- Community Service--Students find individual placements with support from the Hiatt Center.