

## 2017-2018 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. Participation in the Jazz: Berklee competition band and acting for all plays will be confirmed after auditions.

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.

AFTERNOON ACTIVITIES	FITNESS RELATED ACTIVITIES	ARTS	OTHER
<b>FALL</b>	Soccer (boys and girls) Cross country (boys and girls) Fencing (coed) Field hockey (girls) Golf (coed, limited space) Volleyball (girls) Strength and Conditioning Fitness: Adventure Series (examples: ropes course, kayaking) Core-Strength (examples: yoga, martial arts) Spinning	Acting (US Fall Play) Tech Theater (US Fall Play) Costumes (US Fall Play) Afternoon Band Visual Art Workshop	Hiatt Independent Opportunity (Students find individual placements with support from the Hiatt Center. Plan must be solidified before the term begins.) Robotics Team Athletics Intern
<b>WINTER</b>	Basketball (boys and girls) Wrestling (coed) Fencing (coed) Ice hockey (girls and boys) Squash (coed, limited space) Strength and conditioning Core-Strength (examples: yoga, martial arts) Spinning 13.1 Project (running a half marathon)	Acting (US Winter Play) Tech Theater (US Winter Play) Costumes (US Winter Play) Jazz: Berklee Competition Band Visual Art Workshop Dance	Hiatt Independent Opportunity (Students find individual placements with support from the Hiatt Center. Plan must be solidified before the term begins.) Robotics Team Athletics Intern
<b>SPRING</b>	Tennis (boys and girls) Lacrosse (boys & girls) Softball (girls) Baseball (boys) Ultimate Frisbee (coed) Strength and Conditioning Fitness: Adventure Series (examples: ropes course, kayaking) Core-Strength (examples: yoga, martial arts) Spinning	Acting, Singing, Dancing (US Spring Musical) Tech Theater (US Spring Musical) Costumes (US Spring Musical) Rock Band Visual Art Workshop	Hiatt Independent Opportunity (Students find individual placements with support from the Hiatt Center. Plan must be solidified before the term begins.) Athletics Intern