

ALL ATHLETIC & ACTIVITY OPTIONS AVAILABLE AT THE MIDDLE SCHOOL, 2019-2020

FALL SEASON/TERM I CHOICES (Aug. 26 – November 8)

Co-ed Cross Country – Grades 6, 7 & 8

Approximately 6 meets in a season. **There is not a preseason – practices begin on the first day of school.**

Daily after-school training allows the student to gradually build their endurance through runs across the senior school campus, as well as shorter sprint training on the track. Students will compete against other Independent and public local schools on a 1.5 – 1.8 mile cross country course. Students need PE style clothing and good supportive running style shoes are highly recommended.

Girls Field Hockey – Grades 6, 7 & 8

12-14 games in a season. **There is an optional 3 or 4-day pre-season in August in order to prepare for the season – information about the dates/times will be sent after the sign up period**

Girls learn and develop the fundamental skills, strategies and rules of field hockey. Practices are on the turf or the Squaw Run Road field (which is the Middle School game field). Some equipment is available to borrow for the season but the girls will need a field hockey stick, specific eye-wear for field hockey, mouth-guard and shin-guards as well as soccer style cleats. A reversible style SSA jersey is an optional purchase once the season begins or regular PE style clothing is acceptable. More specific information will be sent out to the girls who sign up.

Boys 7th & 8th grade Football – Grades 7 & 8

6 games during the season. **There is an optional 4-day pre-season in August in order to prepare for the season – information about dates/times will be sent after the sign up period**

Boys learn many of the fundamental skills and strategies of tackle football. Basic plays and terminology of football are implemented and then built on. Football equipment is provided although boys are welcome to provide their own if they have it. Boys will need soccer style cleats or sneakers and a mouth guard for every practice.

Boys Instructional 6th grade Football – Grade 6

There are no games. **There is not a preseason option – practices begin on the first day of school.**

Boys will be introduced to the fundamental skills of football. Boys will need PE style clothing, soccer style cleats or sneakers and a mouth guard for every practice.

7th & 8th grade Boys Soccer –Grades 7 & 8

11-13 games in a season. **There is an optional 4-day pre-season in August in order to prepare for the season – information about dates/times will be sent after the sign up period**

All abilities are welcome. Boys learn and develop the skills, strategies and rules of soccer. In the event of large sign ups, the group may be broken into two teams based on player ability, at the coaches' discretion. PE style clothing is required in addition to soccer style cleats. **NOTE: In Fall of 2019, we hope to have separate boys and girls soccer teams. If the sign-ups for the girls are not enough for a team, we will have a Coed 7/8 grade team.**

7th & 8th grade Girls Soccer –Grades 7 & 8

8-10 games in a season. **There is an optional 3 or 4 day pre-season in August in order to prepare for the season information about dates/times will be sent after the sign up period**

All abilities are welcome. Girls learn and develop the skills, strategies and rules of soccer. PE style clothing is required in addition to soccer style cleats. **NOTE: In Fall of 2019, we hope to have separate boys and girls soccer teams. If the sign-ups for the girls are not enough for a team, we will have a Coed 7/8 grade team. Girls and families will be notified in the event this happens.**

Coed 6th grade Soccer: Boys & Girls, 6th grade

4 - 6 games in a season. **There is not a preseason option – practices begin on the first day of school.**

6th grade boys and girls learn and develop the skills and strategies of soccer. All ability levels are welcome to participate. PE style clothing is required in addition to soccer style cleats.

Fall Intramurals – Grades 6, 7 & 8

There are no games. Practices begin on the first day of school. **THIS IS A NON-COMPETITIVE OPTION**

Small group activities/games, as well as general fitness conditioning are offered in this activity. Skills, sport strategies and an understanding of the rules will be taught for activities such as Ultimate Frisbee, soccer, Capture the Flag. Proper sportsmanship and sport etiquette is expected. Students will need PE style clothing and sneakers.

Other Fall Options

Drama – Grades 6, 7 & 8

The Middle School theatre program strives to help students develop an appreciation for self-expression and to understand theatre as an integral part of the human experience.

Students will study and practice theatre as an art form and gain an understanding of the performance arts that enhances their future roles as audience members and/or patrons. Students have the opportunity to participate in the fall drama.

Studio Art - Grades 6, 7 & 8

Studio Art is designed for the highly motivated art student who would like to pursue his or her interest in a variety of art media. It is primarily student directed with support from the teacher who may suggest media and projects, teach technical skills when necessary, and offer constructive criticism. Students are encouraged to focus on one or two areas of interest, and are expected to create a portfolio of work.

WINTER SEASON/TERM II CHOICES (November 12, 2019 – early March 6, 2020)

Boys Basketball – Grades 6, 7 & 8 (separate teams per grade)

6th grade – Approximately 5-6 games

7th and 8th grade - Approximately 12 games @ each grade level

All levels of ability are welcome. Skill fundamentals and game strategies are part of the instruction. With each grade level, more expectations and skills are introduced. If large numbers warrant, a grade-level team may be divided into two teams and the schedule divided in half for each group. Teams play against local Independent schools and 7th & 8th grade public school teams. Students need to have PE style practice clothing every day and basketball shoe-wear is preferred.

Girls Basketball – Grades 6, 7 & 8

10 games against local Independent schools.

All levels of ability are welcome. Skill fundamentals are stressed as is game strategy. As numbers warrant, there may be two teams grouped by ability and comprised of girls from all grades. If possible, there will be a 6th grade team and then a 7/8 grade team. The entire group practices together. Students need to have PE style practice clothing, basketball shoe-wear is preferred.

Co-ed Swimming – Grades 6, 7 & 8

3-4 dual meets and 1 championship meet.

All ability levels are welcome. Students will learn fundamentals of each stroke as well as starts and turns. Practices vary depending on the ability of each swimmer and they are grouped accordingly for practices. The team compete against Independent schools from the Tri-state area. Students will need swimming suit for the girls, jammers or swim trunks for the boys; goggles and caps are also recommended. There may be a team suit and team cap offered for additional cost once the season begins.

Boys Ice Hockey – Grades 6, 7 & 8

8-10 games on Monday evening (either 6:30pm or 8pm)

Boys practice every day after school to work on skills and strategies, and includes station work along with the Middle School girls team. Most boys have prior hockey experience. All players must be registered through USAHockey and information will be sent home with directions on the registration process. Players new to hockey should consider a “Learn to Play Hockey” camp prior to joining. Some equipment is available for new players, but student must provide skates, mouthguard and a helmet. Games are one night a week at the Roy McKnight Hockey Center (Senior School) beginning in December. A team fee of \$250 is assessed each family for maintenance and upkeep of the ice and facility. **Depending on the sign ups, the team may be a COED team in 2019-2020. There is limited equipment available for borrowing (most hockey players do have a majority of the equipment). Please contact Betsy Gorse with questions.**

Girls Ice Hockey – Grades 6, 7 & 8

6-8 games on Monday evening

Girls practice every day after school to work on skills and strategies along with the boys team. With the Girls program, there is a variety of ability levels on the team. Players new to hockey should consider a “Learn to Play Hockey” camp prior to joining. All players must be registered through USAHockey and information will be sent home with directions on the registration process. Games are once a week at the Roy McKnight Hockey Center (Senior School) as team numbers and ability allow, usually beginning in January. Some equipment is available for new players, but student must provide skates, mouthguard and a helmet. A team fee of \$250 is assessed each family at the end of the season for maintenance and upkeep of the ice and facility. **Depending on the sign ups, the team may be a COED team in 2019-2020. There is limited equipment available for borrowing (most hockey players do have a majority of the equipment). Please contact Betsy Gorse with questions.**

Coed Squash – Grades 6, 7 & 8

No games **THIS IS A NON-COMPETITIVE OPTION**

Open to approximately 13-15 students on a first come-first serve basis from the summer sign ups. Students learn fundamental skills and strategies. Ladders within the group give students the opportunity for match play and to work to improve skills by challenging others on the team of similar ability. Students will need to provide a squash racquet, goggles and special squash shoes for this offering.

Coed Fitness & Conditioning – Grades 6, 7 & 8

No games **THIS IS A NON-COMPETITIVE OPTION**

Students learn the basic concepts of weight-lifting using the Senior School Fitness Center. Correct form, technique and proper mechanics are stressed. Conditioning

components, including a dynamic and active warm up, as well as teaching students how to put together a conditioning program will be the focus. PE style clothing and sneakers are needed for this option.

Other Winter Options

Drama – Grades 6, 7 & 8

The Middle School theatre program strives to help students develop an appreciation for self-expression and to understand theatre as an integral part of the human experience. Students will study and practice theatre as an art form and gain an understanding of the performance arts that enhances their future roles as audience members and/or patrons. Students have the opportunity to participate in the winter musical.

Science Olympiad – Grades 6, 7 & 8 10 competitions possible

Members apply the principles of biology, chemistry, physics and earth science, as well as problem-solving and the use of technology. Some students will travel to Ohio to compete in 4-5 weekend Invitationals. By mid-March a team of 15 will compete at the regional and state level. If the team finishes first or second in the state, the team will be eligible to compete at the national level in mid-May.

SPRING SEASON/ TERM III CHOICES (March 10, 2020 – May 21, 2020)

Coed Track - Grades 6, 7 & 8

5 meets (for the 7th & 8th grade members)

Students practice track and field events and develop skills, proper technique and form for a number of events. Students are encouraged to try as many events as possible but are limited to four events in a meet. There are limited opportunities for 6th graders to compete in the meets but they will learn fundamental skills of the running and throwing events. PE style clothing and supportive running shoes are highly recommended.

Boys Baseball – Grades 6, 7 & 8

8 –10 games scheduled for 7th & 8th grade team members; 6th graders may have 1-2 games scheduled depending on availability from other schools.

Students focus on skill development, strategies of hitting, pitching, running bases and sliding. Team plays against public and independent schools. They will learn important fundamentals and have opportunities for intra-squad competition. Boys will need gray pants for games and can purchase an SSA baseball cap from the school store in the gym as well as cleats (soccer style or metal style is allowed in Middle School). We have helmets and bats for the team but personal items are also allowed for individual use.

Girls Softball – Grades 6, 7 & 8

4-6 games

Girls will develop fundamental skills and strategies for inter-scholastic play so no past playing experience is necessary. The number of games depends on the availability of local schools with softball teams. There may be limited opportunities for 6th graders to compete in some of the games if not-public school teams are available to play. Girls should have a softball mitt and soccer style cleats. PE style clothing for practices and sneakers available for indoor practices.

Girls Lacrosse – Grades 6, 7 & 8

10 games

Girls learn the strategies of the game as well as develop necessary lacrosse skills and understanding of the rules. SSA plays against local public and Independent schools. Girls should have a lacrosse stick, appropriate lacrosse eyewear and mouthguard in addition to soccer style cleats. PE style clothing for practices and sneakers for indoors. A reversible style SSA jersey is an optional purchase once the season begins or regular PE style clothing is acceptable

Boys Lacrosse – Grades 6, 7 & 8

10 games

Boys learn the strategies of the game as well as develop necessary skills and understanding of the rules of the game. SSA plays against local Independent schools. Most equipment is provided by the individuals but we have small amounts of equipment that can be borrowed. For safety reasons, helmets should not be borrowed or loaned. Mouthguards and protective sports equipment is also required. PE style clothing for practices and sneakers for indoor practices. A reversible style SSA jersey is an optional purchase once the season begins or regular PE style clothing is acceptable

Coed Competitive Tennis and Recreational Tennis – Grades 6, 7 & 8

7-8 matches for the competitive team

*When the May 17th registration starts at 12 noon, the first 22 students signed up for Competitive tennis and the first 22 students signed up for Recreational tennis will be on the roster. After that number, all other students will be placed on a waitlist.

Students will sign up for either the Competitive OR the Recreational option during the sign up period. Students will be evaluated by the coaching staff at the start of the season and may be placed appropriately based on their ability. The competitive group, comprised primarily of students with more than 2 years of tennis experience, will focus on improving their skills and technique through challenge matches and individual work. The non-competitive group will have a stronger concentration on improving all tennis stroke techniques and skills. Students with less than 2 years of tennis experience should choose the Recreational Tennis option. THE COACHING STAFF WILL HAVE

THE FINAL SAY AS TO THE PLACEMENT OF THE STUDENT ONCE THE SEASON BEGINS. There may be opportunities as the season progresses to give students in the Recreational tennis the option to participate in some matches. PE style clothing, appropriate footwear for the tennis courts (sneakers are fine) and tennis racquets are needed for practices. An SSA Tennis T-shirt for tennis matches will be available once the season begins.

Spring Intramurals – Open to boys and girls, grades 6, 7 & 8

No games; **NON-COMPETITIVE OPTION**

There are no after-school games. This option allows for a non-competitive option in the spring and the students will be involved in a number of Fitness and conditioning components as well as engaging in a number of activities. PE style clothing and sneakers for practices.

Other Spring Options

Literary Magazine– Grades 6, 7 & 8

Students will work to produce their own written work and include the work of other students into a school literary magazine. Students must have fulfilled the one-season athletic requirement in order to participate in this activity.

Farm – Grades 6, 7 & 8

Students will learn skills such as upcycling, making pallet compost bins and building trellises as they maintain a working vegetable and flower garden. Students must have fulfilled the athletic requirement in order to participate in this activity.

ATHLETIC EXCEPTIONAL PROFICIENCY EXEMPTIONS

Athletic Exemption –Grades 7th or 8th grade, 6th grade students in special circumstances (students must fulfill the SSA 1-season requirement). See the separate information page with details on this program.

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