

SOLEBURY SCHOOL

Profile of Sports and Activities—School Year 2018-2019

Robert Eichen, Director of Athletics

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Sports and activities are an integral part of the school day. Solebury offers a wide range of choices and opportunities for both individual and group experiences, while also fostering the development of lifelong skills and interests. All students are required to participate in a supervised after school activity or interscholastic team sport each trimester; activities meet Mondays, Tuesdays, and Thursdays, while athletic teams meet daily and may have weekend practices and games. Participation in a physical activity is required during at least two of the three trimesters. Unless otherwise noted, sports and activities are co-ed. Programs may be added or canceled according to student interest and availability of staff and facilities. Solebury is a member of the Penn-Jersey Athletic League and Pennsylvania Independent Schools Athletic Association (PAISAA).

Baseball, Boys: (SPRING) Varsity team that plays about 15-18 games in a season. The team participates in the Penn-Jersey Athletic League and plays a strong non-conference schedule against area private and public schools.



Basketball, Boys: (WINTER) Varsity and Junior Varsity teams play a very strong schedule against top private and local public schools in the area as well as teams from New Jersey and New York. The varsity team plays 25-30 games in a season and participates in the Penn-Jersey Athletic League. The JV team plays 10-12 games and does not participate in a league.

Basketball, Girls: (WINTER) Varsity team that plays approximately 18-20 games in a season. This team participates in the Penn-Jersey Athletic League and plays a strong non-conference schedule against area private and public schools.

Cross Country: (FALL) Co-ed varsity team that competes in 8-10 meets and invitationals in a season. The team participates in the Penn-Jersey Athletic League and also runs against area private and public schools.

Dance Team: (FALL, WINTER) This activity, a two-trimester commitment, is for boys and girls who love to dance or want to learn. The team performs jazz, hip hop, contemporary, and pom at events on campus (i.e. basketball games) and in the local community, and participates in competitions against other dance teams in PA.

Debate: (FALL) This activity is for students either with a background in competitive debate or a willingness to learn the fundamentals. The skills learned and practiced will carry over to academic classes and public speaking opportunities.

Field Hockey, Girls: (FALL) Varsity team that plays about 10-12 games in a season. Competition is against area private and public schools. The team does not participate in the Penn-Jersey Athletic League.

Fitness for Beginners: (FALL, WINTER) This activity, limited to 9th graders looking for an introduction to fitness training, covers proper form for core movements, including but not limited to squatting, push-ups, and planks. Basic nutritional guidelines for optimal health will also be addressed.

Golf: (SPRING) Co-ed varsity team that plays 6-8 matches in a season and competes against area private and public schools. The team does not participate in the Penn-Jersey Athletic League.



Lacrosse, Boys: (SPRING) This activity introduces students to, or refines their skills in, the sport of boys lacrosse. Playing equipment is not provided but required to participate.

Lacrosse, Girls: (SPRING) Varsity team that plays about 10-12 games in a season and competes against area private and public schools. The team does not participate in the Penn-Jersey Athletic League.

Literary Magazine: (WINTER) The Solebury Literary Arts Magazine (*SLAM*) is produced mainly by student editors and is published once a year. Two or three editors work with a faculty advisor and produce the magazine. The magazine contains poetry, short fiction, and art submitted by students and faculty.

Middle School Activity: (FALL, WINTER) This activity, open only to middle school students, is designed to help students get to know each other, become oriented to the school, and give them support academically and socially. There are a variety of activities offered, including trips, games, library time, etc.

Model UN: (WINTER) This activity is for students who want to work cooperatively to solve the problems of the world: international conflicts, disasters, and incidents. During our meetings, we will conduct research, do mock simulations, and practice our speaking skills, all in preparation for a four-day national conference in February.

Newspaper: (WINTER, SPRING) *The Scribe* is the Solebury School newspaper written by students for students. In this activity, students will work with Adobe PageMaker desktop publishing program on three to four issues per trimester.

Outdoor Club: (SPRING) This activity involves noncompetitive outdoor activities like hiking and canoeing. All levels of outdoor experience are encouraged to participate.

Recreational Golf: (FALL) This activity introduces students to, or refines their skills in, the sport of golf. An additional fee is required to cover costs of greens fees and driving ranges at nearby courses.

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Recreational Tennis: (FALL) This is an activity in which participants practice their skills through warm-ups, some drills, and most of all, by playing matches against each other.

Rock Climbing: (FALL, WINTER) Students of all abilities are welcome to participate in this activity; no previous climbing experience required. During the fall trimester, students climb at Ralph Stover State Park High Rocks, Schwangunks and other areas. During the winter trimester, students climb at The Adventure Center/Rock Gym in Doylestown, PA. An additional fee is required during the winter trimester.

Rowing: (FALL) In partnership with the Delaware River Recreation Foundation, Solebury students will be introduced to rowing, or crew—a sport that combines athleticism with team work and stamina. An additional fee is required to cover the costs of coaching and equipment.

Soccer, Boys: (FALL) Varsity team that plays about 12-15 games in a season. The team participates in the Penn-Jersey Athletic League and plays a strong non-conference schedule against area private and public schools.



Soccer, Girls: (FALL) Varsity team that plays about 12-15 games in a season. The team participates in the Penn-Jersey Athletic Conference and plays a strong non-conference schedule against area private and public schools.

Softball, Girls: (SPRING) Varsity team that plays about 12-15 games in a season. The team participates in the Penn-Jersey Athletic League and plays a strong non-conference schedule against area private and public schools.

Spartan Performance Academy: (FALL, WINTER, SPRING) One-on-one performance enhancement or optimal health training with a strength and conditioning coach. This service—which requires additional fees and is subject to approval—includes a full biomechanical risk for injury assessment and a fully individualized program.

Strength Training for Athletes: (FALL, WINTER, SPRING) Open only to students who participate in two sports; this activity would take place during his or her “off” season. Athletes will learn how to do the core lifts, including but not limited to squats, dead lifts, and bench press. Space will be limited.

Tap Dance: (SPRING) Enjoy rhythm and making music with your feet? Tap dance is an activity for beginners and advanced dancers who would enjoy an intensive study of a truly American art form.

Tennis, Boys: (SPRING) Varsity team that plays 10-12 matches in a season. The team participates in the Penn-Jersey Athletic League and plays a strong non-conference schedule against area private and public schools.



Theater: (FALL, WINTER, SPRING) This activity may include either performing a role in or working on the technical stage crew for one of the school plays. There are three full productions each year, ranging from drama to comedy, classical to contemporary theatre. The winter production is a musical. The technical stage crew involvement includes working with lighting, sound, set construction, set painting, and stage management; no experience necessary. The main requirement is a sincere desire to build and create while working as a member of a team. This program meets three to five days a week, depending on individual involvement. Time requirements depend on the production but may entail some Saturday and Sunday rehearsals.

Track and Field: (SPRING) Co-ed varsity team that competes in 6-8 meets in a season. The team participates in the Penn-Jersey Athletic League and also competes against area private and public schools.



Ultimate Frisbee: (SPRING) Ultimate is an exciting, non-contact activity that is part soccer, basketball, and football. The rules are simple, but the games require speed, stamina, and agility.

Walking Club: (SPRING) In this activity, students walk along the PA or NJ towpath at their own pace and try to cover anywhere from 2 to 4 ½ miles per day. Sturdy sneakers (or hiking boots) and rain gear are recommended. Students can listen to music or socialize with the other members of the club while getting in their exercise.

Winter Running: (WINTER) This noncompetitive activity trains those interested in preparing for the spring track season, as well as those who simply like running or want to try it. Students often have some choice of workout—a combination of strength drills, sprint drills, and long distance running—depending on their goals. We run outside in the heart of winter weather on purpose, and we like it.

Winter Track: (WINTER) Co-ed varsity team that competes in 4-6 meets and invitationals during the winter season. The team does not participate in the Penn-Jersey Athletic League.

Wrestling: (WINTER) Varsity team that competes in 10-12 matches, including 3-4 tournaments, in a season, and competes against area private and public schools. The team does not participate in the Penn-Jersey Athletic League.

Yearbook: (FALL, WINTER) Using Adobe PageMaker and Photoshop, students in this activity learn graphic design and book layout and also take, develop, and print black and white photos. Knowledge of computers and photography is helpful. This activity is a two-term commitment.

Yoga: (FALL, WINTER, SPRING) Both experienced and inexperienced practitioners will enjoy the mental and physical benefits of regular yoga practice. This activity is led by a certified yoga instructor.