

## ***Campus Programs, Offerings and Requirements***

### **Lower School**

Every student in Beginners through Grade 5 participates in a Physical Education class instructed by our faculty. In the Fourth and Fifth Grades the program introduces students to a variety of skills in anticipation of team sports. The fundamental aspects of teamwork, sportsmanship, and competition are taught in a familiar and safe environment. Plans are currently being made to include a basic Health component for the upper grades. Every one of our Sixth Grade students participates in an intramural program. The teams practice in the morning during School, and play their games after School on Wednesdays. Participation and enjoyment continue to be the cornerstones of the Lower School experience, and at this stage it is crucial that the students are playing and having fun. We also want to ensure that the students are learning the appropriate fundamentals at this stage of their School life.

#### ***Grade 6 Athletics/Health & Fitness Intramural Sports Program:***

<b><i>Fall</i></b>	<b><i>Winter</i></b>	<b><i>Spring</i></b>
X-country	Basketball	Baseball (boys)
Field hockey (girls)	Ice & Floor Hockey (coed)	Softball (girls)
Flag Football (boys)	Volleyball/ Rowing (girls)	Lacrosse
Soccer	Wrestling/ Rowing (boys)	Tennis

### **Middle School**

In the Middle School the program makes a minor shift to a more competitive team program. Without abandoning the principles of participation and enjoyment begun in our Lower School, we start to allow for individual differences among student athletes. All students are expected to participate in the Middle School athletic program for all three seasons, and game days are typically Fridays. We feel that being involved on a Middle School team, at some level, is a valuable experience for all students. All participants are expected to receive fairly equal playing time over the course of the entire season.

#### ***Grades 7-8 Athletics Programs, Offerings, and Requirements***

- Students must participate in the Athletic Program for three seasons.
- Student participation in a team sport must yield enough players in order to compete at an interscholastic level.
- The number in parentheses next to the sports below represents the maximum number of players per team. A tryout selection process according to ability will be used when necessary, if cut from a team, an alternate plan will be arranged by the Coaches and Athletic Director. ***No student will be cut from their first choice more than one time throughout the academic year.***
- Alternative programs may be accepted. Please refer to the alternative policies in this handbook

#### **Fall**

##### ***(Interscholastic)***

##### ***Boys***

Football (35)

Soccer A & B (34 total)

##### ***Girls***

Field Hockey A & B (34 total)

Soccer A & B (34 total)

Volleyball A & B (28 total)

*Co-ed*

X-country (30)

***(Non-Interscholastic)***

*Co-ed*

Health & Fitness/ Intramural Sports/ Yoga (20)

**Winter**

***(Interscholastic)***

*Boys*

Basketball A & B (28 total)

Hockey (20)

*Girls*

Basketball A & B (28 total)

Hockey (20)

*Co-ed*

Wrestling (24)

***(Non-Interscholastic)***

*Co-ed*

Fencing- Instructional (28)

Health & Fitness/ Intramural Sports/ Yoga (28)

**Spring**

***(Interscholastic)***

*Boys*

Baseball A & B (26 total)

Lacrosse (24)

Crew A & B (22 total)

Tennis (14)

*Girls*

Softball (18)

Lacrosse A & B (32 total)

Crew A & B (22 total)

Tennis (14)

***(Non-Interscholastic)***

*Co-ed*

Health & Fitness/ Intramural Sports/ Yoga (24)

**Alternative Athletic Programs:** Students with demonstrated ability and a major commitment to training for a sport/ activity that BB&N does not offer (i.e. riding, skiing, swimming, figure skating) may apply for an off-campus Athletic Program Waiver. The Independent School League bylaws state, "Multi-season, single sport: Athletes may not receive credit for participating in a sport (offered) for more than one season in an academic year." All such proposals, and any additional season requests must be submitted to the Director of Athletics no later than the first day of classes in the fall, by the Monday before the first day of seasonal tryouts in the winter and spring in order to

seek approval. A decision will be made within five School days after submission. Seasonal tryout dates will be communicated to students/parents via [www.bbns.org](http://www.bbns.org) and the seasonal Athletic Department Information Letter. Waiver Forms are available in the Athletic Department Office.

**Eighth Grader Varsity Tryout/ Participation Policy:** Only Middle School students with exceptional athletic talent will be considered candidates for varsity teams. A varsity tryout request can only be generated by the invitation of the Head Varsity Coach. The request must be made first to the Director of Athletics (not the student-athlete). The Director of Athletics will forward the request on to the Middle School Director, who in consultation with the Student's Advisor and the Director of Athletics will make the final decision. The final decision will be communicated by the Director of Athletics, Middle School Director, and/ or Advisor to all parties involved. If an Eighth Grader makes a varsity team, *he/she will be waived from his/her Middle School athletic commitment*, but will at no time be excused from any academic commitments. Special exceptions may apply in regards to ISL and/ or NEPSAC championship events.

**MS No Sports/Mud Weeks:** This term refers to the dates in between athletic seasons. During these weeks, Seventh and Eighth Graders are often dismissed at 2 p.m. After-School study hall is available until regular dismissal time.

*For more information, please refer to the Middle School section of this handbook.*

## Upper School

While sub-varsity teams are more developmental in nature, our Varsity programs are quite competitive. Along with enjoying the sport, playing on a team is a valuable participatory experience for each athlete. That may mean being an All-League caliber player or a substitute who plays a supporting role. In keeping with the BB&N philosophy that athletics are an integral part of a student's curriculum, each student should plan his/her participation with the help of his/her advisor. This discussion will help everyone gain a better understanding of each child's overall School program. The Varsity and sub-Varsity teams are made up of those students who have demonstrated, through the tryout process that they can successfully and comfortably compete at that level. All sub-varsity participants are expected to receive fairly equal playing time over the course of the entire season.

**Interscholastic League Affiliation:** *The Independent School League (ISL) and New England Prep School Athletic Conference (NEPSAC):* Students at BB&N are privileged to be a part of the Independent School League. This collection of 16 schools shares the highest ideals of school sports and competes against each other in almost every sport BB&N offers. In addition to the ISL opponents, we schedule contests against other members of the New England Prep School Athletic Conference (NEPSAC) when the level of competition is appropriate for both schools. At the end of the season many teams that have qualified are given the opportunity to compete in the NEPSAC tournaments.

### **Grades 9-12 Athletic Programs**

- Students in Grades 9-11 must participate in the Athletic Program for three seasons; Twelfth Graders only need to participate for two seasons.
- Students must participate in at least three interscholastic sports by the end of Tenth Grade, two of which must be completed in Grade 9. New Tenth Graders must participate in at least one interscholastic sport within the Tenth Grade academic year.
- Ninth Graders (20) can choose the Health & Fitness "after-School" option fall, winter, or spring. The Grades 10-12 Health & Fitness option is only offered during the academic day.
- Grades 10-12 are only eligible (on an approval basis) for the Strength & Conditioning program or to manage. Managing Grades 10-12 is only an option for one season per academic year.
- The number in parentheses next to the sports below represents the maximum number of players per team. A tryout selection process according to ability will be used if necessary.

- Student participation in a team sport must provide enough players necessary in order to compete at an interscholastic level for that sport; if not, the offering will be discontinued.
- Alternative programs may be granted. Please refer to the alternative policies in this handbook.

## **Fall**

### ***(Interscholastic)***

#### *Boys*

Football V (30), JV (30)

Soccer V (17-20), JV (17-20), 3<sup>rd</sup> (20)

X-country V (12-14), JV (20)

#### *Girls*

Field Hockey V (15-18), JV (15-18)

Soccer V (17-20), JV (17-20)

Volleyball V (10-12), JV (10-12)

X-country V (12-14), JV (20)

### ***(Non-Interscholastic)***

#### *Co-ed*

Instructional Tennis (24)

Health & Fitness (60)

Strength & Conditioning/ Yoga (25)

Managing (18)

Health & Fitness/ Afternoon Arts (*approved on a seasonal basis*)

## **Winter**

### ***(Interscholastic)***

#### *Boys*

Basketball V (12-15), JV (12-15), 3<sup>rd</sup> (15)

Hockey V (16-20), JV (22)

#### *Girls*

Basketball V (12-15), JV (12-15), 3<sup>rd</sup> (15)

Hockey V (16-20), JV (22)

#### *Co-ed*

Fencing (40)

Wrestling (30)

### ***(Non-Interscholastic)***

#### *Co-ed*

Health & Fitness (70)

Strength & Conditioning/ Yoga (25)

Managing (18)

Health & Fitness/ Afternoon Arts (*approved on a seasonal basis*)

## **Spring**

### ***(Interscholastic)***

#### *Boys*

Baseball V (16-18), JV (18)

Lacrosse V (18-20), JV (20)

Crew V (20), JV (20)

Tennis V (8-10), JV (10-12)

#### *Girls*

Softball V (12-16), JV (18)

Lacrosse V (15-18), JV (18)

Crew V (20), JV (20)

Tennis (8-10), JV (10-12)

#### *Coed*

Sailing V (10-12), JV (10)

Golf V (10-12), JV (10-12)

### ***(Non-Interscholastic)***

#### *Co-ed*

Health & Fitness (50)

Strength & Conditioning / Yoga (20)

Managing (18)

Health & Fitness/ Afternoon Arts (*approved on a seasonal basis*)

**Health and Fitness Class:** Health and Fitness emphasizes the concept of a sound mind in a healthy body. Through an individualized program, students engage in physical training sessions based on their needs and interests. They develop their mental and physical potential through relaxation and exercise. Theory classes on a variety of health and fitness topics also support the curriculum.

**Alternative Athletic Programs:** Students with demonstrated ability and a major commitment to training for a sport/activity that BB&N does not offer (i.e. riding, swimming, figure skating), may apply for an off-campus Athletic Program Waiver. The Independent School League bylaws state, "Multi-season, single sport: Athletes may not receive credit for participating in a sport (offered) for more than one season in an academic year." All such proposals, and any additional season requests (fall, winter, or spring) must be submitted to the Director of Athletics no later than the first official day of seasonal tryouts in order to seek approval. Seasonal tryout dates will be communicated to students/parents via [www.bbns.org](http://www.bbns.org) and the seasonal Athletic Department Information Letter. Waiver Forms are available in the Athletic Department Office.

**Alternative Artistic Programs:** Students with a major commitment and demonstrated ability in the arts, including in-School tech, drama or dance (Grades 10-12), may request an exemption from the Athletic Requirement for the season of involvement. All students who receive Artistic Waivers must participate within the Athletic Program for at least one season per academic year, unless special request granted. Proposals (fall, winter, or spring) must be submitted to the Head of the Arts Department no later than the first day of seasonal tryouts in order to seek approval. Seasonal tryout dates will be communicated to students/parents via [www.bbns.org](http://www.bbns.org) and the seasonal Athletic Department Information Letter. Waiver Forms are available in the Arts Department Office.

**Community Service Exemption:** Students (Grades 10, 11 and 12) who elect to make a significant contribution to Community Service Project (approved by the Community Service Faculty Advisors, may request an exemption from the Athletic Requirement for one season per academic year All students who receive Community Service Exemptions must participate within the Athletic Program for at least one season per academic year, unless special request is granted. Proposals (fall, winter, or spring) must be submitted to the Community Service Faculty Advisors no later than the first day of seasonal tryouts in order to seek approval. Seasonal tryout dates will be communicated to students/parents via [www.bbns.org](http://www.bbns.org) and the seasonal Athletic Department Information Letter. Waiver/ Exemption forms are available in the Community Service Faculty Advisors' Office.